



Update on Hydration during Endurance Events

Guest Editor:

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Deadline for manuscript
submissions:

closed (30 June 2023)

Message from the Guest Editor

Total body water is essential to the physiological function of the human body, especially during endurance exercise in warm environments, where a dehydration state can be reached rapidly. Athletes who lose as little as 1–2% of their body mass through sweat loss exhibit an increase in heart rate, core temperature, muscle glycogen use, as well as a decrease in cardiac output, cognitive awareness, anaerobic power, and time to exhaustion. Moreover, recent studies have indicated that even lower levels of dehydration (–1%) provoke unfavorable changes in athletic performance. However, overdrinking is just as undesirable, as it could generate a decrease in sodium levels, inducing a state of hyponatremia.

In recent years, there have been two trends in the area of sports rehydration, drinking when thirsty and/or ad libitum drinking. Scientists have yet to reach a consensus on what constitutes an appropriate fluid replacement strategy during exercise.

Thus, this Special Issue aims to provide an overview of the most recent developments in the field of hydration programs, mainly on changes in essential physiological systems, health, and sports performance.





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Message from the Editor-in-Chief

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