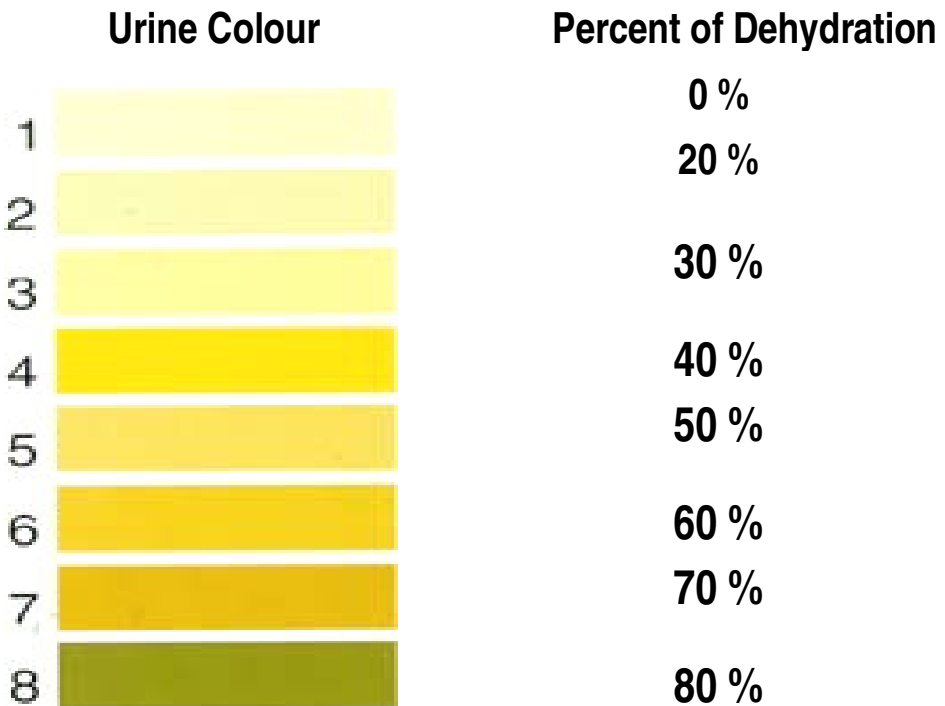




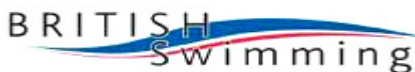
Dehydration Chart



(Adapted from Armstrong, 2000)

1 % DEHYDRATION DECREASES PERFORMANCE BY 10 %

1 HOUR OF EXERCISE = 1 LITRE OF FLUID



Simon Ferrarelli, 2006

