KICKSTART GUIDE: HYDRATION YOU CAN ACTUALLY STICK TO

Runners Essentials Guide

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Hydration isn't just a workout thing - it's an all-day momentum strategy. When you hydrate steadily, everything fells easier: your runs, your focus, your mood, your energy.
Here's how to make it simple:

1. **START EARLY**

   Your body wakes up dehydrated. KickStart your day with **8-12 oz** of water before coffee or working out to set your baseline. This one habit alone changes everything.

2. **USE HYDRATION ANCHORS**

   Hydration becomes effortless when you attach it to things you already do. Try these anchors:
   - After brushing your teeth
   - With your morning coffee
   - With meals
   - During your commute

3. **SIP, DON'T CHUG**

   Your body prefers a steady drip, not a flood. Small simps throughout the day keep energy stable and prevent the "I drank a ton and still feel thirsty" cycle.

4. **AFTERNOON IS YOUR DANGER ZONE**

   Most people fall off between 2-5 PM - and that's exactly when hydration matters most. A simple 8 - 12 oz here can erase the slump, boost focus, and make your eveneing run or workout feel smoother

5. **ADD ELECTROLYTES WHEN YOU NEED THEM**

   Not every day - just the days when you:
   - workout extra hard - long run days for example
   - It's hot and humid out and your are working outside a lot

   Electrolytes help your body use the water you drink.

6. **KEEP IT VISIBLE**

   Hydration is out of sight, out of mind. Put your bottle where you will see it: desk, car, kitchen counter, gym bag.
   Visibility = consistency

7. **DON'T OVERTHINK IT**

   You don't need perfect numbers. You just need steady effort. Aim for 40-60 oz/day, plus extra on run/workout days. Keep drinking through those workouts.

Hydration isn't a chore - it's a strategy.