



SWEAT VOLUME TEST

NAME _____ Date _____

1 Warm up for 10-15 minutes... the idea here is to get you sweating. If you skip this step and start your test from 0 you will skew your results.

2 Urinate now if you need to... towel dry the sweat you have started (body and hair) and THEN measure your weight in the nude (A)... clothes hold moisture and will offset the results so if youre not able to be nice be as skimpy as possible. It is best not to visit the bathroom again during the test... obviously if you need to go, go- but for accuracy it's better if you can hold it.

3 Perform the Activity you are testing for 1 hour... Avoid eating (you shouldn't need to during just 1 hr of exercise). Keep track of what you drink ie: 1x 500ml bottle. (ProTip: make it easy on yourself- keep the amounts whole numbers- if you start a 500ml bottle finish it before the end weigh in). Don't try to set new records here- it should be done at the intensity you are collecting the data for (race pace?).

4 Immediately towel off the sweat that is on your body, in your hair etc (do not urinate yet!) and measure your weight again in the nude (B). Now you can pee.

5 Write down the total amount of external fluids you consumed/lost during the test (C)... If you did go to the bathroom use the estimate of 200-300ml per bathroom event as a ballpark. ie: Consumed: 500ml (1x bottle), Lost: 300ml (1x bathroom break).

6 Write down the environmental factors of your test: Temperature/Humidity, Location/Altitude, Indoor/Outdoor etc... these factors effect the out come and will be useful to reference back later, to track progress, or to see which tests are relevant for an up and coming race/practice.

A. Pre-Exercise
Weight _____ lbs
(lbs / 2.2 = _____ kg)

B. Post-Exercise
Weight _____ lbs
(lbs / 2.2 = _____ kg)

C. Change in Body
Weight _____ grams
[kg x 1000 = g].
(A-B) = C (be sure to convert kg to g as part of calculating C)

D. Volume of external
fluid _____ mL
(oz x 30 = mL)
ie: +500ml (1x bottle) -300ml (1x bthrm) = +200ml

E. Sweat Loss
_____ mL
(oz x 30 = mL)
(C + D) = E

F. Exercise time:
1 hour

G. Sweat Rate
_____ (mL/hr).
(E/F) = G
(To convert Sweat Rate (G) back into ounces: G/30 = oz)

(6). Location _____ Altitude _____ Indoor or Outdoor _____
Tempature _____ Humidity _____ Other: _____