Separate sweat loss from a drinking target

Two runners can lose the same volume of sweat but different amounts of sodium. A fluid-loss estimate is only one part of the calculation.

Worked example

> 0.8 L/hour × 700 mg/L = 560 mg sodium/hour. Over 90 minutes: 560 × 1.5 = 840 mg lost. This requires a measured concentration and comparable conditions. Estimated sodium loss is not an instruction to replace every milligram during exercise.

Your turn

1. Record exercise duration, starting and finishing mass, fluid consumed and urine passed, using consistent units.
2. Record measured sweat sodium concentration if available. If unknown, leave it unknown rather than guessing from sweat marks.
3. Note conditions and what you actually tolerated. Discuss an intake strategy using those observations; the loss estimate alone is not a prescription.

What I observed / what I will check next

Example loss only. Not a replacement prescription. Educational worksheet, not an individualized training prescription.

Method / rules: Barnes et al. 2019: measured sweat-rate and sodium variability.

Full explanation, current sources and related tools:
brenoamelo.com/calculators/sweat-sodium

Prepared 26 October 2026 · Keep personal notes private. Discuss your goal with breno@brenoamelo.com.