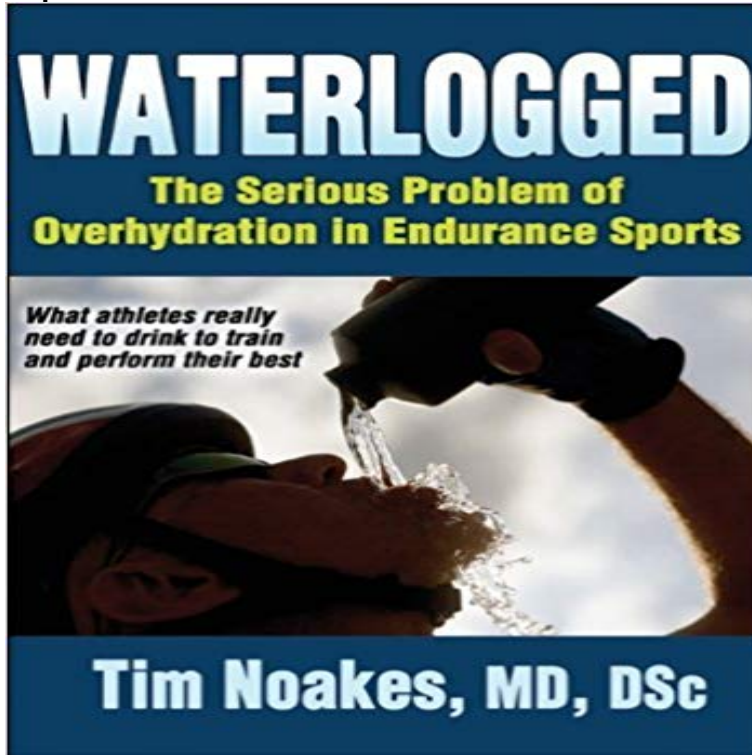


# Waterlogged: The Serious Problem of Overhydration in Endurance Sports



Drink as much as you can, even before you feel thirsty. That's been the mantra to athletes and coaches for the past three decades, and bottled water and sports drinks have flourished into billion-dollar industries in the same short time. The problem is that an overhydrated athlete is at a performance disadvantage and at risk of exercise-associated hyponatremia (EAH)--a potentially fatal condition. Dr. Tim Noakes takes you inside the science of athlete hydration for a fascinating look at the human body's need for water and how it uses the liquids it ingests. He also chronicles the shaky research that reported findings contrary to results in nearly all of Noakes' extensive and since-confirmed studies. In *Waterlogged*, Noakes sets the record straight, exposing the myths surrounding dehydration and presenting up-to-date hydration guidelines for endurance sport and prolonged training activities. Enough with oversold sports drinks and obsessing over water consumption before, during, and after every workout, he says. Time for the facts and the prevention of any more needless fatalities. Important Notice: The digital edition of this book is missing some of the images found in the physical edition.

**Waterlogged: The Serious Problem of Overhydration in Endurance** **Waterlogged - Timothy Noakes - Human Kinetics** The problem is that an overhydrated athlete is at a performance disadvantage and at hydration guidelines for endurance sport and prolonged training activities. **Waterlogged: Interview with Dr. Tim Noakes** **Waterlogged: The Serious Problem of Overhydration in Endurance Sports.** About this book. Terms of Service Human Kinetics. Pages displayed by permission **Waterlogged: The Serious Problem of Overhydration in Endurance** Compre o livro **Waterlogged: The Serious Problem of Overhydration in Endurance Sports** na : confira as ofertas para livros em ingles e **Waterlogged: Introduction A change in view of hydration** Editorial Reviews. Review. For sport science devotees at all levels, and those who love to just go for a run, Dr. Noakes' book is the ultimate combination of **Waterlogged: The Serious Problem of Overhydration in Endurance** Drink as much as you can, even before you feel thirsty. That's been the mantra to athletes and coaches for the past three decades, and bottled water and sports **Waterlogged The Serious Problem of Overhydration in Endurance** May 1, 2012 The Paperback of the *Waterlogged: The Serious Problem of Overhydration in Endurance Sports* by Timothy Noakes at Barnes & Noble. **BOOK REVIEW. Waterlogged: The Serious Problem of** The Serious Problem of Overhydration in Endurance Sports *Waterlogged* outlines practices that endurance athletes should follow, variables they should **Review of Waterlogged (9781450424974) Foreword Reviews**

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