Run Sweat Test Guide

A sweat test helps you determine your sweat rate, which is key to optimising hydration during long endurance events like an Ironman. Use this guide to perform your own sweat test at home or during training.

What You'll Need

- A digital scale (accurate to 0.1 kg or 0.2 lbs)
  - A towel to wipe off excess sweat if doing indoors
  - A Run session of at least 60 minutes
  - A sports drink preferably with carbs and electrolytes
  - A notepad or phone to track your data if doing indoors

Step-by-Step Instructions

1. Weigh Yourself Before

Go to the bathroom, then weigh yourself naked or in dry minimal clothing before your session. Record this weight (e.g., 70.2 kg).

2. Run Normally

Complete a Run workout reflecting your usual race training. Track the session duration, temperature, fluid intake, and effort level.

3. Weigh Yourself After

After drying off sweat, weigh yourself again using the same method as before. Record the post-run weight (e.g., 69.2 kg).

4. Calculate Sweat Rate

Use this formula:

Sweat Rate (L/hour) = (Pre-weight - Post-weight + Fluid Consumed in kg) ÷ Duration in hours

Example:

- Pre-weight: 70.2 kg
- Post-weight: 69.2 kg
- Drank: 0.5 L (0.5 kg)
- Duration: 1.5 hours

Sweat Loss = (70.2 - 69.2 + 0.5) ÷ 1.5 = 1.0 L/hour

✅ Interpreting Your Sweat Rate

Sweat Rate (L/hour)	Description
< 0.8	Low
0.8 – 1.2	Moderate
1.2 – 1.5+	High
1.8+	Very High

Don’t Forget Sodium

High sweat loss also means high sodium loss. Consider an advanced sodium sweat test through a provider like Precision Hydration.

Pro Tips

- Repeat tests in different weather (hot vs. cool)
- Practice drinking to match your sweat rate
- Avoid gaining weight during sessions (over-drinking)