

Same Day Weigh-in Worked Example

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Reference the following 3-part blog series:

- <http://heatrick.com/2013/04/01/same-day-weigh-in-and-fighting-part-1/>
- <http://heatrick.com/2013/04/08/same-day-weighing-in-and-fighting-part-2/>
- <http://heatrick.com/2013/04/15/same-day-weighing-in-and-fighting-part-3/>

Based on the following criteria for fighter 'James':

- Walk around weight: 78kg
- Same day fight weight: 76kg
- Weigh-in 1pm
- First fight: 5pm
- 15th scheduled fight (3x2min rounds typical)



The recommendation for James is as follows:

As far as the post weigh-in rehydration goes, using the table in part 3 (see below) - a walk around weight of 78kg (77.5kg on the table) and a fight weight of 76kg means your dehydration level will be between 2 - 3% bodyweight (which is perfect).

The next 2 columns show that the amount of fluid you'll need to rehydrate (assuming a third is lost) is 2.3 - 3.5 litres. I'd go for 3-litres. Mix up 3-litres of 50% water, 50% orange juice with a total of 3g of salt (1g salt per litre)

The next 2 columns show that it will take between 3.1 and 4.7 hours to successfully absorb that quantity of fluid.

With the weigh-in at 1pm and first fight at 5pm (4hrs away from the weigh-in), and your fight scheduled for 15th on the bill, you have more than enough time to get that fluid back on board. As an rough estimate, your looking at about 3.5 - 4 hours into the show (8.30pm – 9.00pm).

Walk around weight (kg)	Same day fight weight (kg)		Amount to rehydrate (litres)		Minimum Time to rehydrate (hours)	
	@ 2% dehydration	@ 3% dehydration	@ 2% dehydration	@ 3% dehydration	@ 2% dehydration	@ 3% dehydration
40	39.2	38.8	1.2	1.8	1.6	2.4
42.5	41.7	41.2	1.3	1.9	1.7	2.6
45	44.1	43.7	1.4	2.0	1.8	2.7
47.5	46.6	46.1	1.4	2.1	1.9	2.9
50	49.0	48.5	1.5	2.3	2.0	3.0
52.5	51.5	50.9	1.6	2.4	2.1	3.2
55	53.9	53.4	1.7	2.5	2.2	3.3
57.5	56.4	55.8	1.7	2.6	2.3	3.5
60	58.8	58.2	1.8	2.7	2.4	3.6
62.5	61.3	60.6	1.9	2.8	2.5	3.8
65	63.7	63.1	2.0	2.9	2.6	3.9
67.5	66.2	65.5	2.0	3.0	2.7	4.1
70	68.6	67.9	2.1	3.2	2.8	4.2
72.5	71.1	70.3	2.2	3.3	2.9	4.4
75	73.5	72.8	2.3	3.4	3.0	4.5
77.5	76.0	75.2	2.3	3.5	3.1	4.7
80	78.4	77.6	2.4	3.6	3.2	4.8
82.5	80.9	80.0	2.5	3.7	3.3	5.0
85	83.3	82.5	2.6	3.8	3.4	5.1
87.5	85.8	84.9	2.6	3.9	3.5	5.3
90	88.2	87.3	2.7	4.1	3.6	5.4
92.5	90.7	89.7	2.8	4.2	3.7	5.6
95	93.1	92.2	2.9	4.3	3.8	5.7
97.5	95.6	94.6	2.9	4.4	3.9	5.9
100	98.0	97.0	3.0	4.5	4.0	6.0
102.5	100.5	99.4	3.1	4.6	4.1	6.2
105	102.9	101.9	3.2	4.7	4.2	6.3
107.5	105.4	104.3	3.2	4.8	4.3	6.5
110	107.8	106.7	3.3	5.0	4.4	6.6
112.5	110.3	109.1	3.4	5.1	4.5	6.8
115	112.7	111.6	3.5	5.2	4.6	6.9

Just get your meals and snacks sorted too (as described in part 3) and your sorted. You're going to need lunch AND tea prepared. Although, we can probably go into the town centre and find lunch for you after the weigh-in, so perhaps just prepare a tea time meal. It's up to you mate, it depends on how much control you want over what you're eating. The lunch time snack is further from your fight and you could tolerate less 'optimal' food without messing yourself up.

Read more on Don's Strength & Conditioning Blog for Muay Thai at <http://heatrick.com/>