



WHY IS FLUID IMPORTANT?

Adequate hydration is essential for optimal energy levels and performance.

Good hydration leads to:

- ✓ Improved concentration
 - ✓ Improved co-ordination
 - ✓ Reduced fatigue
 - ✓ Improved body temperature control
- Performance can be effected even if you are only slightly (2%) dehydrated.

HYDRATION HABITS

- Be organised! Always carry a drink bottle with you and sip regularly during the day.
- Do not wait until you are thirsty to drink – you are already dehydrated!
- Water is a great choice and should be one of the main fluids for athletes.
- Flavoured drinks such as milk, juice or cordial are good alternatives to water over the day.
- Sports drinks contain carbs & electrolytes to provide energy & maximise fluid absorption.
- Sports drink is most useful in warmer conditions & endurance events, or if you sweat heavily.
- Sports drink or oral rehydration solutions (eg. Gastrolyte) can help you recover after training or competition if you are dehydrated, or if you experience cramps regularly.

For training & competition:

- ✓ Drink plenty of fluid by sipping regularly in the lead up to training or event.
- ✓ Consume fluid frequently during training and competition (at least 150ml/15 minutes, this will vary depending on the sport).
- ✓ Start drinking immediately when you finish to rehydrate & recover.
- ✓ Use sports drink for any training sessions greater than an hour at mod – high intensity. Sports drink is better for rehydration than water during these harder sessions.
- ✓ **TIP: Keep 2 x 600 – 750ml bottles at end of pool. Fill one with water and one with sports drink to use during training**



HOW MUCH FLUID DO I NEED?

- Individual fluid requirements vary according to the sport, weight and training requirements
- Aim for at least 2 - 3 litres per day PLUS extra to replace losses from training & competition
- A quick way to check hydration is urine colour – clear to pale indicates good hydration, as urine gets darker this means you are more dehydrated

