



MLC
Aquatic

Hydration 2



DE-HYDRATION – HOW IS IT AFFECTING YOUR PERFORMANCE?

When it comes to athletic performance, hydration is often overlooked by athletes when preparing for training and competition. The reality is hydration is one of the few things that athletes have complete control over ensuring they don't give their competitors a head start before an event has even begun. Hydration is not only important pre training and competition, but also after exercise to aid recovery and restore the fluids lost during exercise.

Starting training or competition in a dehydrated state can inhibit performance in many different ways:

- Impairs body temperature regulation during exercise
- Increases the risk of exceptional heat illness when exercising in the heat
- Impairs cardiovascular function during exercise
- Impairs cognitive function

Specific hydration strategies should be adopted by athlete's pre-, during- and post training and competition. Athletes shouldn't use thirst as an indication of when to drink as usually you are already dehydrated by this stage.

It's important to practice these strategies in training for 2 reasons; firstly to ensure you're getting the most out of your training and secondly, so you know which hydration strategy best works for you when it comes to competition time.

NIGHT BEFORE TRAINING / COMPETITION

- On the night before training/competition, drink 1-1.5L of fluid over a 1.5hr period, 3hrs prior to going to bed – urine output is normally finished by then.
- On the morning of competition, drink another 500mL of fluid 2hrs prior to racing
- Powerade, Gatorade, or Powerade + Gastrolyte are the best fluids to consume due to their carbohydrate and sodium concentration
- NB: You can sip water instead of a sports drink, but only if starting off fully hydrated at 6pm. If you are dehydrated, water will not rehydrate you.

