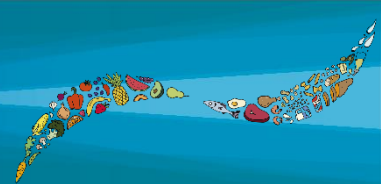


BASICS ABOUT...



HYDRATION

WHAT?

Water is the most abundant compound in the human body and by weight the average adult is 50-65% water (higher in males and lower in females).

Water is essential for life and amongst its many important roles is its role in regulating body temperature.

WHY?

We lose a lot of water through sweat, especially when training hard and/or in the heat. Most of the water we need must be provided by our food and drink. If we don't consume enough water we become dehydrated which results in impaired performance and cognitive function.

HOW?

We consume around 20% of our water from food and the rest from drinks. A wide range of drinks contribute to our fluid intake; water, squash, tea, coffee, smoothies, fruit juice, milk...

The recommended intake for an adult is around 1.5-2L per day but swimmers will need more to counter the additional fluid lost from sweat.

Dehydration & Performance

During exercise, heat is produced by our working muscles and this heat needs to be dispersed to ensure our core temperature does not exceed a safe level. This heat is lost via our sweat evaporating from our skin. Our body can tolerate a large amount of sweat loss but generally a loss greater than 2% of body weight compromises exercise performance. These performance decrements have been shown in endurance and strength activities.

Monitoring Hydration Status via Urine Colour and Volume

Urine colour and volume is a good indicator of hydration status. A pale straw colour (like the top of the chart) and high urine volume indicates well hydrated. Whereas a dark gold or brown colour (like the bottom of the chart) with a low volume (may also be strong smelling) indicates dehydration.

Water is more than good enough to hydrate in most circumstances

Well hydrated

Dehydrated

BEFORE TRAINING

Always try to start the session well-hydrated.
Aim to consume ~500ml 30-60min before the session.

DURING TRAINING

Drink to thirst during the session. Consuming too much can be uncomfortable so let thirst be your guide unless it's particularly hot or intense.

AFTER TRAINING

Aim to rehydrate with 125% of your fluid losses. The difference in your weight before and after the session will represent your fluid loss. Multiply this difference (in kg) by 1.25 to tell you how many litres of fluid to consume to effectively rehydrate.
e.g. 70kg before, 69kg after = 1kg lost in sweat. $1 \times 1.25 = 1.25\text{L}$ to rehydrate