



HYDRATION FOR SWIMMERS

Dehydration occurs when your body loses more fluid than you take in. This upsets the balance of minerals (salts and sugar) in your body, which affects the way it functions. Water makes up over two-thirds of the healthy human body. It lubricates the joints and eyes, aids digestion, flushes out waste and toxins, and keeps the skin healthy.

DEHYDRATION SLOWS YOU DOWN AND WILL MAKE SWIMMING FEEL HARDER!

It is very important that you arrive at your training session properly hydrated. But did you know that many swimmers become dehydrated during training? When you are swimming it may seem like you're not sweating, but you are, so making sure you drink enough during training is essential.

NEVER WAIT UNTIL YOU FEEL THIRSTY BEFORE YOU DRINK- BY THEN IT IS TOO LATE!!

Headaches during or after training are a sure sign of dehydration and the cure is not a pain killer, it is water in regular small quantities! Other signs are a dry mouth, feeling tired and dark straw coloured urine.

EVERY SWIMMER MUST BRING A DRINK TO TRAINING IN A SUITABLE SPORTS BOTTLE

- ☺ Drink plenty during the day, little and often
- ☺ Drink 250-300ml during the 2 hours before your session
- ☺ Drink around 300 - 500 ml per hour during training
- ☺ Youth swimmers will need to increase this further still during high intensity workouts
- ☺ Drink little and often, ideally 3-4 gulps every 15 minutes / between sets
- ☺ Water or sugar free squash is usually sufficient for sessions lasting up to an hour
- ☺ For training sessions lasting **longer than 1 hour**, swimmers may find that extra fuel helps maintain their performance and delays fatigue. Suitable drinks for this include:-
 - ✓ Regular or 'high juice' squash (diluted at least 1 to 6)
 - ✓ Diluted fruit juice (diluted at least 1 to 1)
 - ✓ Isotonic sports drinks (expensive and not really necessary!)
- ☺ Drink plenty after training to aid your recovery