



# SWIMBIKERUN

## Top 10 Hydration Tips

1. Water is the first choice for rehydration! Never soft drinks or energy drinks!
2. Milk helps you rehydrate fast by putting back everything you lost during exercise. It contains carbohydrates for refuelling your energy needs, protein to help repair those muscles and fluids and electrolytes to replenish the sweat.
3. Fizzy drinks can upset the stomach if drunk immediately before or after exercise.
4. Energy drinks might seem like a good idea but they are loaded with added sugar and caffeine! Leave them on the shelf and reach for the water!
5. If the weather is hot, try freezing water bottles overnight.
6. If you lose more than 1% of your body fluids during exercise you can start to feel sick. This is more likely to happen if it is a hot day and if you sweat a lot. **Did you know that we also lose fluid in our breath?** So if we are breathing harder we are going to lose more fluid!
7. It will take 4-6 hours after your training or event to fully hydrate. So make sure you keep drinking water well after you finish.
8. Once you start to feel thirsty this is a sign that you are already starting to become dehydrated. Try and prevent thirst by sipping regularly before, during and after exercise.
9. Flavour water with a squeeze of lemon or lime juice or pop in a frozen berry.
10. **REMEMBER** this from 2014! Check your urine colour, it'll give you a good indication on your hydration levels.

If your urine looks like this before exercise you are well hydrated.

If it's darker you need to drink more before starting exercise.

When your urine looks like this you are severely dehydrated. DRINK NOW!

# SCHOOLS TRIATHLON CHALLENGE

