



## Notes on hydration

Food for thought, When purchasing a sports drink, what to look for on a label

Magnesium  
Potassium and sodium  
fructose 2-5%  
polymerised glucose over plain glucose 6.-8%  
taste

Fluid temperature - cold drinks are absorbed faster than room temperature, below (10°C)

### Night before

Ideally this should start days before but not always possible, when entering an event athlete should have no signs of dehydration, in the run up to the event plenty of fluids on a regular basis, sipping fluids also helps rather than gulping them down. I personally would start a couple of days before hand trying to up my fluid intake, and try to avoid things that may help to dehydrate you like alcohol. Have you ever seen someone at the gym, that when they first get there they jump straight on the scales, then they also do this at the end of their workout, to see how much they have lost during the session, most of the lost will be fluids, and they are working out how much they need to replace.

### Day of event

Should start the hydration routine, within 4 hours of the event starting, drink a glass of fluid (around 200ml every 15-30 mins, and continue up until 20mins before event, it's worth practicing.

Let's pause for a moment and think about this, if let's say you're doing an event that involves a weigh in prior to starting you would want to be as light as possible, if you consume fluid it will increase your weight, let's say your event starts at 0900am, weigh in from 0700am that means your fluid intake routine should start at from 0500am, what do you do from 0500-0700am?

Firstly I would recommend sipping some water, why water? Water has the fastest emptying capacity from the stomach and fluids with more than 5% of sugars, have a generally reduced absorption rate. I would also stop consuming fluids 20-40mins prior to the weigh in, this would allow time for any fluids that have been consumed to pass through to the small intestines, then comes a toilet break just before the weigh in.

After the weigh in I would get back on track with the fluids, so I am ready for the event, got another 2 hours to get some more fluids on board, this would be a great opportunity to use something that is more than just water but has less than 5% sugars for the absorption rate.

### During the event

Athletes should take small sips of fluid as often as possible roughly 800ml-2100mls per hour, During exercise the kidneys generally switch off, so a bathroom stop is recommended just prior to the event. Also keeping hydrated helps to avoid a stitch, the stitch occurs when the parietal peritoneum adheres to the wall of the body, ordinarily there would be fluid in between the two keep them apart.

### After the event

Rehydration after an event may take up to 6 hours, despite the body's ability to suggest otherwise, (via an absence of thirst) & drinking must continue, start to rehydrate by sipping water if gastric distress is an issue, then move on to something that has a bit more magnesium or potassium in it.

Why is it important to rehydrate after an event?

It helps to flush the debris from your muscles, reduce acidity that will have formed in the stomach (so refueling can commence) replace lost stored fuel & rebalance electrolytes in the body.