



## The use of hydration in Sport

### Training

#### *Drinking the right amount to get the best performance*

- ✦ Likely that many athletes do not consume sufficient fluid to meet demands of training
- ✦ Dehydration can severely effect performance
- ✦ Athletes are recommended to drink 4-6 litres per day
- ✦ Younger athletes will require less than this (2-4 litres)
- ✦ In hot conditions requirements increase
- ✦ Refuel and rehydrate well during training sessions to perform optimally

### Competition

#### *Drinking the right amount is important, not to much, not too little*

##### *Immediate pre-event strategies*

- ✦ Goals
  - Increase CHO deliver to muscles
  - Hydration
- ✦ Amount and type
  - 150-300ml every 15-20min up to 45min before the game
  - Use of sports drinks to meet CHO and fluid needs
- ✦ Sports Drinks
  - Increase water uptake and retention
  - Replace lost electrolytes
  - Drink small amounts whenever possible



*During the game {half time}*

✦ Goals

- Maintain hydration/Prevent dehydration
- Maintain use of CHO

✦ Guidelines

- Replace fluid at half time
- CHO intake is desirable when the game is over an hour long, especially if there is the possibility of extra-time and penalties
- Use of sports drinks