



# HYDRATION FOR PERFORMANCE



## WHY HYDRATE?

Keeping hydrated helps maintain **optimal performance** during training and competition by supporting speed, endurance, strength, focus, decision making and how the body recovers.

### WARNING SIGNS



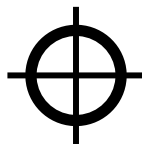
Recognize the signs of dehydration



Dark urine



Headaches



Poor concentration



Fast heart beat



Early fatigue during exercise

## SO WHAT CAN I DO?

### HYDRATION GOALS AROUND TRAINING



#### BE PROACTIVE

- Arrive to training hydrated. Be intentional with fluid intake and include with meals, snacks and throughout the day. Don't forget to have some fluids before AM workout.
- Consider the needs of the session. If it's a quality workout and/or hot environment, prepare 2 water bottles, one for water and one for carbohydrate & electrolyte drink (see below).

#### SODIUM

- We lose electrolytes in our sweat; the largest loss comes from sodium.
- Include small amounts of sodium-containing foods or salted snacks to help stimulate thirst and retain fluids (see examples below).

#### CHECK-IN ON STATUS

#### CHECK YOUR MORNING URINE COLOUR AND FOLLOW THE PLAN BELOW

1	HYDRATED
2	HYDRATED
3	HYDRATED
4	DEHYDRATED
5	DEHYDRATED
6	DEHYDRATED
7	SEVERELY DEHYDRATED
8	SEVERELY DEHYDRATED

- 1-3 = Follow your usual hydration routine
- 4 = Add an additional **500 ml of fluids** at breakfast
- >5 = Add an additional **1 L of fluids** at breakfast

Aim for **lemonade** coloured urine. The goal is not to overhydrate as that can cause health concerns.

USG monitoring can also help to assess hydration status.

## BEFORE

## DURING

#### CHOOSE APPROPRIATELY

High intensity sessions or training in a hotter environment? Have an *extra* water bottle that has carbohydrate to maintain blood sugars **and** electrolytes to replenish sweat losses.

#### CARB & ELECTROLYTE DRINKS

- Powders, pre-mix or gels: look for >25 g carbs & >300 mg sodium/ 500 mL serving. *Speak to your Sports Dietitian about choosing a safe product.*
- Homemade drink: 2 cups water, 2 cups juice + 1/2-1 tsp salt.

#### BE INTENTIONAL WITH HYDRATION

- Begin hydrating early in the training session. Take sips between repetitions vs waiting until the end of a set or the end of the session.
- Sweat losses can increase when swimming in a warmer pool or hot environment. Be more diligent during training breaks & increase the amount of fluids at each opportunity.
- During a high intensity session or a hot environment, rotate between your water containing water bottle and carbohydrate/electrolyte bottle to match both fluid and energy/electrolyte needs.

## AFTER

#### REPLENISH

- Rehydrate immediately after training to replenish your needs. Add fluids to a sodium containing recovery snack and the following meal to support rehydration (see examples below).
- When hydrating after PM workout, be mindful of the amount of fluids prior to bed. Trips to the washroom after lights out can impact sleep & recovery. Prioritize fluids with your recovery snack and evening meal and continue your rehydration strategy as soon as you get up.

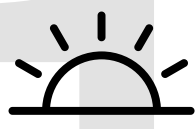
#### SPILL THE TEA

All fluids count toward hydration, even caffeinated beverages like coffee or tea.

*Just be mindful when you have your caffeinated beverages; the timing (eg later in the day) may impact sleep quality and recovery.*

## 5 TIPS TO STAY HYDRATED

#### START EARLY



Drink a glass or 2 of water as soon as you wake up, especially if you trained the night before.

#### KEEP VISIBLE, CHILLED & FLAVOURED



Keep a water bottle of fluids on hand. Out of sight usually means out of mind. Add a lemon, lime or a slice of cucumber with ice cubes to promote intake.

#### DRINK UP WITH FOOD



The natural electrolytes in meals and snacks will help you retain fluid better. This means better hydration and less bathroom breaks.

#### SET REMINDERS



Trouble remembering? Set alarms, notifications, or use an app to help remind you to drink during the day.

#### TRAVELLING =EXTRA NEEDS



The dryer air in an airplane can increase fluid losses. General guidelines, aim for 1 cup of fluids per hour of flying + a source of electrolytes (eg pretzels or tomato juice).

## REPLACING SODIUM USING FOOD



**Milk/Alternative (1 cup)**  
120-160mg



**Peanut Butter (1 tbsp) + 1 bagel**  
PB 100mg  
Bagel 425mg



**Ind. Flv. Greek Yogurt**  
60mg



**Canned Beans (1 cup)**  
750mg



**Meat (fresh) (3oz)**  
50mg



**Tomato Juice (½ cup)**  
275mg



**Canned Soup (1 cup)**  
1500mg



**Salted Nuts (1 oz)**  
110mg



**Salted Crackers (6)**  
160mg



**Goldfish Crackers (43g)**  
354mg



**Canned Fish (75g)**  
250-400mg



**Salt (¾ tsp)**  
600mg



**Fruit or Veggies (fresh)**  
0 mg



**NV Granola Bar (35g bar)**  
150mg



**Tomato Sauce (½ cup)**  
150-700mg



**Cottage Cheese (1 cup)**  
920mg



**Beef Jerky (75g)**  
975mg



**Hard Pretzels (15)**  
425mg