

# **FUEL FOR YOUR STROKE**

## **HYDRATION**

### ***Nutrition Session 2***

*As a swimmer, you spend your workout surrounded by water. Surprisingly, you are at an increased risk of dehydration.*

*Adequate fluid is needed INSIDE your body to function as a coolant.*

*Consume fluids before, during, and after exercise.*

*Losing as little as 2% of your body weight due to dehydration can negatively impact your training and/or performance at meets.*

### **GUIDELINES BEFORE YOUR WORKOUT**

*Drink fluids regularly throughout the day. Then, about 2 hours before practice it is great to hydrate with plain water try 8-16 oz(1-2 cups). Fifteen minutes prior to exercise, drink one-half to a cup of water (4-8 oz).*

## *GUIDELINES DURING YOUR WORKOUT*

*Try to drink about 6 oz. of fluid every 30 minutes during your practice. An average “gulp” is about one ounce. Therefore, one big bottle during practice is good.*

*When your workouts are less than an hour, plain water will keep you hydrated.*

*When your workouts are more than an hour, a sports beverage that contains fluid, carbohydrates, and electrolytes is fine. Therefore, Gatorade is fine but not mandatory.*

*To add flavor to your plain water you may want dilute Gatorade with water (maybe 25% Gatorade 75% water). Or you can try adding a splash of 100% fruit juice to water. 100% Fruit Juice contains 10-13% carbohydrate compared to Regular Gatorade which has about 5-6%.*

*Soda, drinks that advertise themselves as juice but are not 100% fruit juice, and undiluted 100% fruit*

*juice should not be consumed because they contain too many carbohydrates for hydration during exercise and may lead to stomach discomfort.*

*After exercise, replace fluids as quickly as possible.*

*Suggestion- bring 2 bottles of fluid to practice. Use one during practice, then as you are getting dressed and driving home you can consume the other.*

*Gatorade, diluted Gatorade or water are all fine after practice.*

*Don't forget to consume carbohydrate and protein within 30 minutes of practice for optimal recovery!*

*Milk is a great beverage for after practice. One cup of nonfat white milk provides 12g of carbohydrates and 8 grams of protein. Milk is a perfect mix to "refuel" after your workout. Adding a little bit of chocolate or strawberry syrup is also fine for flavor. Or dilute regular store bought chocolate milk with white milk.*

*Energy drinks are not a good choice, they are not appropriate for fluid replacement during exercise. They contain caffeine and other stimulants that may make you feel jittery and lead to dehydration. Also, they contain too many carbohydrates possibly causing stomach distress similar to fruit juices.*

*Throughout your day, do not rely on thirst. Instead drink before you are thirsty. You can monitor your hydration by your urine. Clear /pale yellow is good while dark yellow infrequent urine suggests dehydration.*