



# Hydration

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It is often forgotten that swimmers do sweat, and they actually sweat quite a lot. Consider that if you are sat poolside it is normally pretty hot so therefore you sweat. If you were to get in the water and do some work, you would sweat even more.

All swimmers, even juniors, require 100-150ml of fluids every 10 minutes when training. i.e. 600 – 900 ml per hour, and 400–500 ml as a drink one hour before training. A 2% loss of body weight lost as sweat degrades performance, 5% is exhaustion, 10% causes collapse.

Consider this: If a child weighs 50 Kilos, 1 kilo is 2% of their body weight. At room temperature, water weighs 1 kilo/litre. This means that if your child is not drinking enough they are certainly degrading their performance and running the risk of exhaustion. Try weighing your child before and after training, if **they've lost weight it's possible they haven't drunk** enough.

Interestingly, water alone is not the best thing. It can make you feel bloated and suppress thirst. Your drink needs to contain some simple carbohydrates (150 –200 ml of fruit cordial is ideal) and possibly a pinch (1g) of salt.

Isotonic sports drinks such as Lucozade are rich in caffeine and sugar (25% or more) and whilst they DO replenish fluids, discourage electrolytes which help an athlete to avoid cramp and provides a source of glucose; this is offset by cost, potential gum/teeth damage. When drinking, do not swill the drink round your mouth, just swallow it.

Depending on the workload/athlete juniors will need approximately 300 –600 calories per hour, County 800 –1000 or more. Performance – They should know.

The above information is meant for guidance only and is taken from generally accepted knowledge.

Each individual needs to understand, with help and guidance from coaches/parents what is best for them and make their own choice.

**DO YOU THINK YOUR DRINKS BOTTLE IS TOO SMALL?**