

## H2A – Interested in Hydration?

Swimmers and Parents, here are some commonly asked questions we here on deck about hydration. Our goal is to support the health of the swimmer and the pursuit of their personal best! Maintaining hydration is important to keeping performance up here at the pool as well as at home or in school. We hope you'll find this helpful!

### **Q: Every one is different, how much water is enough for ME?**

- Drink at least your body weight (kg) in ounces of water per day.

Conversion chart:

### **Kilograms/Pound**

Formula : lb = kg x 2.2

Formula : kg = lb x 0.455

<b>Kilogram/Pound</b>	<b>Pound/Kilogram</b>
1 kg = 2.2 lb	1 lb = 0.45 kg
2 kg = 4.4 lb	2 lb = 0.91 kg
3 kg = 6.6 lb	3 lb = 1.4 kg
4 kg = 8.8 lb	4 lb = 1.8 kg
5 kg = 11.0 lb	5 lb = 2.3 kg
6 kg = 13.2 lb	6 lb = 2.7 kg
7 kg = 15.4 lb	7 lb = 3.2 kg

### **Q: Any types of drinks I should avoid?**

- Be aware that caffeine has a dehydrating effect, coffee, tea, sodas, and popular energy drinks.
- You'll need an extra glass of water to counter their effects.

### **Q: Can you break it down for Me?**

What hydration recommendations would you make for pre/during/post workout?

- Drink cool fluids – this will help to cool your body during exercise. Cool fluids move through the stomach faster, allowing for more rapid absorption.
- Drink 15-20 fl oz of water, 2-3 hours before workout/competition – your body loses water in sweat during a good workout in an effort to keep you cool. Losses can range anywhere from one cup to two quarts an hour. Stay hydrated!
- Drink another one to two glasses of fluid (ideally water) 5-10 minutes before start time.
- Drink every 10-15 minutes during exercise – drink early and at regular intervals.
- Drink before you get thirsty.
- After workout/competition, drink enough to quench your thirst – then drink more!

### **Q: So, how can I tell if I'm drinking enough?**

- Monitor hydration status by the color of your urine – pale or almost clear is good!

### **Q: What's the scoop of sport drinks?**

- Well, it was originally thought that unless you were doing strenuous exercise for 60 minutes or more, water was the best thing for you. Now there is research that supports the view that consuming sports drinks during high-intensity exercise, of 60 minutes or less, enhances aspects of performance.
- Drinks of 6-8% carbohydrate are recommended because they move through the stomach into the working muscles quickest.

Lets help one another learn:

If you have a question that needs research or an answer, e-mail it to: [gotrainhard@ameepatrick.com](mailto:gotrainhard@ameepatrick.com)

Chances are someone else has wondered the same thing too!