

Fluid Replacement and Eating Guidelines

- xx Drink cool water or flavored beverages
- xx During exercise lasting longer than 1hr, consume 30-60g of carbohydrates, 5- 12oz of water every 15-20 min.
- xx Include sodium in beverages during exercise lasting more than 1hr
- xx Drink adequate fluids 24hrs prior to event
- xx Drink 500ml (17ozs) every 2hrs before exercise
- xx During exercise, drink every 10 mins. It is necessary for fluids replacement or sweat lost
- xx During competition, try to drink 4-6oz every 10-15 mins.
- xx Drink cold fluids not warm fluids
- xx The first sign of Dehydration is Thirst
- xx Do not wait to become thirsty, because if you do, you are already in a state of 1 to 2 percent of dehydration. So drink before you feel thirsty.
- xx Dehydration causes premature fatigue

Pre-Exercise or Between -Competition Meals

- xx Provide foods that are high in carbohydrate (~200-300g), moderate in protein, and moderate in fat and fiber. Avoid foods that may cause gastrointestinal distress (milk products, acidic fruit juices, highly fortified meal replacement beverages or energy bars).
- xx The type of meal fed between competitions depends primarily on amount of time available. If time is short, replace fluids as well as carbohydrates by using a sport drink, glycogen replacement product, or fruit juice. Small moderate- protein, high carbohydrate, low fat meals (sandwiches, bagels, cereal) or snacks (fruit, candy bars, energy or sports bars) are appropriate when more time is available. Smaller adults or children may need to eat small frequent meals between competitions.
- xx Before exercise eat plenty of carbs so you can maximize your glycogen stores in the liver and muscles.
- xx During exercise, you want to eat or drink foods that contain carbs so you can maintain blood sugar and not burn up to much glycogen for energy.
- xx After exercise, you want to eat or drink complex carbs within the first 2hrs. This way you, maximize your opportunity to make glycogen for the next day of training or competition.