

Fluids

Fluids are essential, especially in this climate: prior to training, during training, post training. Cool water makes a great thirst quencher, in fact c60% of our bodies are made up of water.

It is very important to keep well hydrated before, during and after running. Little and often is a good rule. Keep a water bottle with you at work or in the car.

It is important to drink when out training, use a fuel belt, and stop at water bubblers or taps, especially when it's hot, or you are on a long run. Sports drinks are useful for hydration as they not only replace fluid lost in training, but also help to replace electrolytes (salts i.e. sodium) as well as assist with providing carbohydrate energy in the form of glucose. Sports drinks can be used when it's very hot, during high intensity training such as speed work or on a long run of more than 90 minutes.

Sports drinks are also an easy to digest form of carbohydrate energy if your glycogen (carbohydrate) stores are a bit low. For example, maybe you didn't have enough dinner the night before, or had no time for a mid afternoon snack before training in the evening?

So, how much should you hydrate?

Well there is no hard and fast rule that applies to everyone, it depends on whether you are male or female, your size, how fit you are, the environment (is it Brisbane in the summer or Canberra in the depths of winter?!), and also the exercise intensity. Observing the frequency and colour of your urine is one way to test for dehydration, but weighing yourself before and after a run is a more accurate way to estimate fluid losses. To find more information on fluids and on how to estimate if you are dehydrated see the Australian Institute of Sport website.

<http://www.ausport.gov.au/ais/nutrition/topics>

I think that we'd all agree that we tend to drink more if the fluid is flavoured and cool, so find what you like and stay hydrated!