

When the weather is hot and humid you will lose heat, sweat and fluid a lot more during training. This can lead to dehydration which has a number negative responses on the body and results in poor performance. Each athlete will have different fluid demands and sweat rates which will vary depending on athlete body size, environment, humidity and training intensity.

To maintain hydration it is recommended that you drink approximately 250 – 500ml of fluid per hour

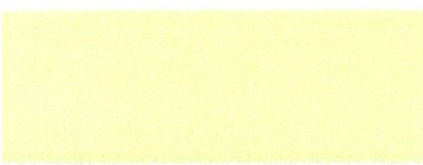
When dehydrated thirst can be an ineffective tool to encourage fluid consumption. To monitor your own hydration status over the warmer months, one method is to observe your urine colour over the day to get an indication of hydration status.



Extremely Dehydrated

Dark urine and long periods without urination are an indication you are dehydrated and fluid intake has to be addressed.

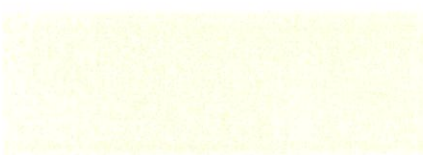
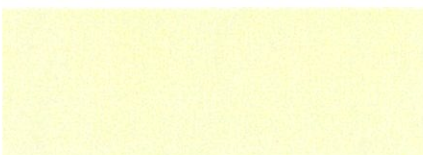
Drink an additional 1000 ml. on top of regular fluid intake for hydration



Mildly Dehydrated

You may expect this first thing in the morning but darker colours later in the day will need attention.

Drink an additional 500ml. on top of regular fluid intake for hydration.



Hydrated

Towards the end of the day output should be running almost clear. Achieve this by drinking regularly over the day as opposed to drinking lots of water right before bed as that may interrupt sleep.

Maintain by drinking regularly over the day.

Urine colour may appear darker/brighter from diet, medication or supplements.