

Hydration and our Swimmers

- Bring water or a sports drink to EVERY practice
- Incorporate foods rich in fluids
- Set a reminder to be prepared for practice.
- Hydrate Before, During and After practice

Why Hydrate

- Water is required by the body.
- Water is essential in the transportation of red blood cells throughout the body, as well as the formation of protein and glycogen.
- Hydration also helps regulate the body's temperature and helps lubricate joints, both of which are vital to success while swimming.
- It is recommended that swimmers drink at least 16 fluid ounces of water/sports drink two hours **prior** to practice/workout.
- It is recommended that swimmers drink 4-5 ounces every 15 minutes during workout.
- For workouts over 60 minutes, it is recommended that athletes consume electrolytes!
- When you sweat, you do not just lose fluid! You also lose electrolytes including sodium, chloride, potassium, calcium, and magnesium.

EAT
SWIM
WIN

What To Look For In A Sports Drink



Carbohydrates
12-18 g per 8 oz



Sodium
110-170 mg per 8 oz



Potassium
20-50 mg per 8 oz

EAT
SWIM
WIN

Swimmers Hydration Plan

2-3 hours before
training



16-24 oz (2-3 C)

30 minutes before
training



8 oz (1 C)

Per hour during swim



16-24 oz (2-3 C)

After Swim



2 C for every lb lost

FOODS TO HELP HYDRATE SWIMMERS

Hydrating foods:

- Soup
- Jello
- Ice pops
- Smoothies
- Coconut water
- Yogurt
- Fruits
- Vegetables

Hydrating fruits

- Watermelon
- Strawberries
- Cantaloupe
- Pineapple
- Oranges
- Peaches

Hydrating vegetables

- Cucumber
- Lettuce
- Celery
- Zucchini
- Bell peppers

[Hydrate The Healthy Way](https://swimswam.com/hydrate-the-healthy-way-hydration-for-swimmers/)

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