

Hydration and Fueling During Exercise – What do Scientists Say?
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Article Review:

The article touches on some basic information regarding hydration and maintaining energy levels in a workout, and points out some interesting facts.

Hydration is a very important part of an athlete's life. Good hydration not only improves physical performance but it also increases mental focus.

To read the entire article, please click on the following link:

<http://www.usaswimming.org/USASWeb/ViewMiscArticle.aspx?TabId=62&Alias=Rainbow&Lang=en&mid=379&ItemId=260>

Key points:

- High level athletes will lose 1 to 1.5 liters of sweat in an hour.
- High Level athletes should be ingesting at least two to six liters of water a day depending on the intensity of their workouts, and can range up to 16 liters a day if the climate is hot.
- Even a small decrease in body weight due to sweat loss can have a negative impact on performance, which will impact overall development.
- Staying hydrated helps maintain a steady gastric flow. When a liquid or food is ingested it has to be digested and absorbed. Staying hydrated helps expedite this process.
- A carbohydrate drink (Gator-Aid, Power-Aid) helps maintain hydration and glycogen stores (energy).
- Eating/Drinking a carbohydrate snack/drink before and during a workout has a greater positive impact on overall performance.