

Fluids play a vital role in our bodies and are especially important for you as a swim athlete. You will want to pay attention and incorporate the practice of proper hydration into the SwimStrong Dryland program – it's absolutely crucial to your performance.

Water Overview:

Water is our body's principal chemical component and makes up about 60-70 percent of our body weight. The brain is about 75% water and about 50-60% of our blood (plasma and blood cells) is water. Every system in our body depends on this fluid. That's right, every system! Water does many things we don't even realize: it flushes toxins out of vital organs, helps regulate blood pressure, carries nutrients to our muscles and organs, and provides a moist environment for ear, nose and throat tissues.

Under-hydration:

Under-hydration occurs when the body is in a state of water deficit (hypohydration). How does the body get to this state? Through dehydration, or the process of losing water. Even mild under-hydration can drain our energy and make us tired, thus impairing athletic performance. A small 1-2% drop in hydration levels will affect endurance, agility, speed, reaction time, and mental clarity. Swimmers may not realize it, but they do sweat in the pool! For our bodies to feel

and perform their best, we must replenish both water + electrolytes daily. Signals of under-hydration can be any of the following symptoms:

- Fatigue
- Dizziness
- Thirst
- Nausea/upset stomach
- Muscle cramping/tightness
- Headache
- Irritability
- Darker-colored urine
- Decreased athletic performance
- Water retention

Less common (but still present in 2-7% of athletes) is what's called exercise-associated hyponatremia (EAH). EAH is caused by high water intake + a sodium deficit in the body. This is why it's important to not only hydrate with water, but also electrolytes – especially sodium (and potassium).

Daily Hydration Requirements:

*General Principle: Aim for $\frac{1}{2}$ your body weight in ounces + 16-24 oz for every hour of activity

*Numbers will vary based on age, gender, activity, intensity, and environment

*Older athletes will want to incorporate quality electrolyte/sports drinks on long training/meet days. Electrolyte drinks would count toward your daily hydration

goal.

*Juices, milk, herbal tea, broth, etc. all count toward your goal as well!

Electrolyte Drinks

See Supplement Suggestions by Brand

Look for a drink with items below (per 8 fl oz, numbers will vary per athlete):

Carbohydrates – 7-9.5+ g (3-8%)

Sodium – 120-300+ mg (will vary depending on your diet, and if you are a salty sweater)

Potassium – 60-190 mg

Appropriate fluid intake will drastically increase results of the SSDL program. As you can see, hydration is crucial for the body and will help you stay at the top of your game. Use this daily hydration requirement chart and make a concerted effort to get the recommended ounces of water each day! We recommend keeping a refillable water bottle with you at all times so that you can easily track how many ounces you are drinking.

Disclaimer:

All nutrition information presented and written within SwimStrongDryland.com are intended for informational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health – care professional. Each individual's dietary needs and restrictions are unique to the individual. The reader assumes full responsibility for consulting a qualified health professional regarding health conditions or concerns, and before starting a new diet or supplement.