

Fluids

- Body fluid is lost when you swim. Drinks provide fluid to help prevent dehydration.
- Some drinks also contain some carbohydrate (sugar) to provide some energy and some sodium or potassium (electrolytes)
- Drinks that provide both fluid and energy (isotonic) are well absorbed by the body
- Avoid the very high sugar "high energy" or "designer" drinks as they can stop the body using the fluid efficiently
- Try not to become thirsty - being thirsty means you are already dehydrated

There are 3 different categories of drinks on the commercial market

Isotonic: These fluids are absorbed as quickly as water and provide a boost of carbohydrate for the working muscle. Research shows that isotonic drinks, if taken around exercise can help performance. They can be drunk **before and after** exercise. e.g. Isostar, Gatorade, Boots Isotonic, High Five, Powerade

Hypotonic: contain less carbohydrate but are still useful in providing fluid to the body. They can be drunk **before and after** exercise e.g. Lucozade low calorie, Replay

Hypertonic: These fluids should only be used **after** a swim to help refuel the muscles carbohydrate (glycogen) stores e.g. Lucozade NRG, Energy drinks

Type	Carbohydrate concentration	Fluid or Fuel (energy) replacement
Hypotonic	Less than 4g per 100ml	Fluid
Isotonic	4-8g per 100ml	Fluid and Fuel
Hypertonic	More than 8g per 100ml	Fuel

Home made isotonic sports drink

100mls sugary squash
400mls water
Add a pinch of salt

British Swimming