

BEFORE THE WORKOUT

START HYDRATED

- Start hydrating 24 hours prior to your run/race.

ABOUT TWO HOURS BEFORE

- If the individual does not produce urine, or the urine is dark then more fluid should be consumed (e.g. 3-5 ml/kg per bodyweight).
- Sports drinks with some carbohydrates provide a compact and quickly digested alternative to solid food.

DURING THE WORKOUT

STAY HYDRATED AND FUELLED

- Aim for 150ml every 10-15 minutes.
- Isotonic sports drinks, such as Powerade ION4, are the preferred drinks for exercise sessions lasting 30 minutes or longer at a high intensity, or more than 60 minutes at any intensity.
- Fitness drinks, such as Powerade ZERO, are recommended for lighter training (such as jogging) or exercising sessions lasting 60 minutes or less, and are low to moderate in intensity.
- Drinks which contain minerals (primarily sodium) help to prevent dehydration and replace those lost through sweat.

AFTER THE WORKOUT

RECOVERY NEEDS TO START AS SOON AS YOU FINISH

- Rehydration should start soon after the workout. To replace any fluid and mineral losses.
- ***Aim to drink about 1.2-1.5 Litres of fluid for every 1kg of bodyweight lost during exercise*** as sweat. To calculate this, simply weigh yourself before and after a training session.
- To start your muscle recovery, try to consume in the first 60 minutes after the exercise session.

