

HYDRATION ANALYSIS

REHYDRATION

- ✎ Involves the continuous intake of fluids at regular intervals of approximately $\frac{1}{4}$ to $\frac{1}{2}$ pint every 10-15 minutes.
- ✎ The precise timing and amount will have to be fine tuned to your requirements.

HYPERHYDRATION

- ✎ Involves taking on board all the fluid before the sporting event.
- ✎ Take in around 1 pint about half an hour prior to the exercise, as this will allow the fluid to leave the stomach, but not to set off a diuretic action.

OSMOLALITY

- ✎ Osmolality can be defined as the number of dissolved particles in a fluid.
- ✎ A drink with a high osmolality means that it contains more particles per 100ml than one with a low osmolality.
- ✎ These particles may include sugars, sodium or other electrolytes. Electrolytes are mineral salts dissolved in the body's fluid.

WATER TEMPERATURE & ABSORPTION

- ✎ Drinking cold water will empty from the stomach as follows: 66% (8 fl. oz.) will have emptied from the stomach within a time of 15 minutes of an intake of 12 fl. oz.
- ✎ Whereas if 12 fl. oz of a sugar-based drink are consumed, approximately 8% (1 fl. oz.) will have emptied in the same amount of time.