



# Hydration *Why?*

## WHY IS IT IMPORTANT FOR SWIMMERS TO KEEP HYDRATED



Water is required by the body to function whilst exercising. Water is essential in the transportation of red blood cells throughout the body, as well as the formation of protein and glycogen. All these functions are needed for the growth and recovery of muscles. Hydration also helps regulate the body's temperature and helps lubricate joints, both of which are vital to success while swimming.



With a lack of hydration, swimmers can experience early onset fatigue during workouts, poorer response times, an increase in the risk of injuries, and sharp rise in the risk of cramping both inside and outside the pool. Dehydration of any degree can negatively affect a swimmer's performance in the water.



Swimmers need to remain conscious of the fluids they lose in the water as they especially run the risk of dehydration due to the fact it's hard to tell if they are sweating, let alone how much. The most accurate way to check hydration levels is to check urine. Urine that is pale to light yellow indicates proper hydration, the darker the urine is, the more dehydrated someone is.



**16**

FL. OUNCES 2  
HRS BEFORE  
TRAINING



*Continue*  
HYDRATION  
DURING  
TRAINING



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It is recommended that swimmers drink at least 16 fluid ounces of water two hours prior to working out and to consistently rehydrate during the workout to avoid any fatigue that could come from dehydration. Swimmers are also encouraged to hydrate following workouts to replenish any lost fluids and to promote recovery of muscles.

**THE BEST WAY TO AVOID  
DEHYDRATION IS TO KNOW  
THE SIGNS:**

**THIRST,  
HEADACHES,  
WEAKNESS,  
FATIGUE,  
DIZZINESS**

