



Water Break

Average Time to Complete: 5 minutes

Goal: Allow players and coaches to rehydrate, replenish, reenergize, and recover

Hydration Facts:

- Water provides much more to the body than just hydration. Specific to elite athletes, water:
 - Acts as a transporter to supply working muscles with the nutrients they need during training
 - Gets rid of the waste products resulting from high intensity training
 - Helps keep you cool by dissipating heat through sweat.
- Losing even a small amount of fluid from training or entering a workout dehydrated can have a negative impact on performance. Fluid losses of 2-3% of an athlete's body weight can lead to:
 - Decreased ability to concentrate
 - Decreased recovery
 - Fatigue
 - Impaired physical performance

Recommended Hydration Schedule:

- Before Exercise:
 - 2-3 hours before exercise drink 17-20oz of water
 - 10-20 minutes before exercise drink another 7-10oz
- During Exercise:
 - Drink early-Even minimal dehydration compromises performance
 - Every 10-20 minutes drink at least 7-10oz of water or diluted 6% carbohydrate sports drink (14 grams per 8 oz.)
 - Optimally, drink fluids based on amount of sweat and urine loss
- After Exercise:
 - Within 2 hours, drink enough to replace any fluid weight lost due exercise
 - Drink approximately 20-24oz of water or a sports drink per pound of weight loss

Things NOT To Drink During Exercise:

- Fruit Juice, carbohydrate gels, soda or beverages with greater than 8% carbohydrate per serving
- Beverages containing caffeine, carbonation and alcohol can actually serve to dehydrate the body by stimulating excess urine production and are not recommended.