



STAY COOL

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KEEP WELL HYDRATED ON AND OFF THE WATER



Always start exercise well hydrated



Carry a water bottle with you at all times



Drink when you are thirsty



Drink 500-750ml in the 2 hours before racing



Monitor your urine colour



Use salt shaker for added electrolytes

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Caffeine increases your urine production which results in fluid loss. Water, milk, sports drinks and cordial are the best hydration fluids.