

Sport Recovery

HYDRATION TIPS

H2O and Sports Drinks

Both water and sports drinks are important pieces to that. They hold on to the fluid to avoid cramping.

Hydrate 2-3 hours before competition

Sports drinks, specifically, hold on to the fluid to avoid cramping. Make sure to include in water with that sports drink too!

Replace what you lost

When you sweat, you lose the sodium that you had prior to your workout. You need to replenish AND also hydrate for your next workout.

Am I hydrated?

Take a look the next time you are in the bathroom. You should see light yellow to clear urine. Anything darker, you need more fluids.

Even if you aren't thirsty, drink water!

It's important to continuously drink water throughout the day, not just before competition.

New Prague High School Girls Soccer