



PRE-EVENT HYDRATION

48 Hours Before Event

Consume 3 litres of fluid for regular day + 500 ml per hour of exercise on top of this

24 Hours Before

Regular fluid intake to have clear urine on morning of event.
(use ¼ teaspoon salt per litre, especially if cramping)

1 Hour Before Event

1 litre of isotonic drink with ¼ tsp of salt added per litre

½ Hour Before

Protein drink – 500mls of a smoothie style drink for hydration, energy and electrolytes

During Event

If possible use ½ strength isotonic drink eg. Isosport, Gatorade etc

Post Event

500mls Protein Based Drink within 30 mins of finishing – aids repair/recovery and replaces energy and electrolytes
(Preferably in first 15 mins after event)

Examples: Powdered milk, banana smoothie, honey, nuts, 2 x eggs, strawberry, yoghurt, OJ etc + Gatorade or equivalent eg isosport to rehydrate