





Soccer players: What you need to know about hydration



Did you know:

-  The human body is 65% water
-  Athletes lose water in urine, sweat and during respiration (through the lungs).
-  Always drink before you are thirsty: by the time your brain signals thirst, you may have lost 1% of your body weight.
-  About 2 cups of water is lost in sweat every ½ hour; 2 cups of fluid equals 1 pound lost in body weight!

Hydration recommendations for soccer players:

2 hrs before practice or the game:

Drink *at least* 2-3 cups water.
(Your kidneys require 60-90 minutes to process extra fluids).





10-15 minutes before your game:

Drink another 1-2 C water to replace sweat losses during exercise.

How do I know if I'm drinking enough?

Look at the color of your urine. If it *HAS* color (is not clear), you aren't adequately hydrated. If you are urinating frequently, you're probably drinking enough water. Urine volume is another general indicator of hydration status.

Q: I don't like drinking plain water. Any suggestions?

-  Carbonated or Sparkling water beverages, such as lemon or lime flavored Calistoga
-  Water mixed with 3:1 ratio of juice (Juices can replace the potassium lost in sweat)
-  Eat watery foods: cucumbers and tomatoes are 95% water; oranges are 85% water.
-  Gatorade and other sports drinks offer no advantage when exercise is less than 90 minutes. The added sugar can be helpful only if your game lasts longer than 1 ½ hrs. Otherwise, drink water. It's cheaper!

How will dehydration affect my performance during the game?

You will sweat less:

Your heat gain will be greater than your heat lost through the skin. This will lead to thermal distress, or heat exhaustion.

You're heart will be working overtime:

In the dehydrated water in the blood pressure and heart increase in order to oxygenated blood muscles.



Ever heard of lactic acid?

It's what causes the burning sensation. Water helps flush lactic acid away from the muscles.

You'll work harder than you have to:

When you've lost 2% of your body's weight in water, your ability to exercise decreases by 15%. That's 15% less goals scored, 15% less assists made...15% less of a teammate!

About the author:

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