Check your hydration!

The human body is composed of approximately 60% water, of which a 2% decrease in body weight, due to water loss is known as dehydration. Dehydration contributes significantly to **fatigue** and **decreased performance**, both physically and psychologically.

Dehydration is recognised by: **thirst**, **loss of appetite**, **dry skin**, **skin flushing** and **fatigue**.

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**Pre**: Aim to consume at least 500ml water or carbohydrate drinks in the 60minute pre-training period.

**During**: Use your drink breaks to take on water, your trying to limit dehydration.

**Post**: To rehydrate after a training session, drink 1.5 litres of water or recovery solution for every 1kg lost in body mass.