



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. You can drink coffee to hydrate, but no caffeinated energy drinks. Water, milk, sports drinks and cordial are all more effective for hydrating