

HYDRATION

The body weight of a person consists of 45–70 % water. Water is important for normal cellular function and thermal regulation (sweating).

It is recommended to drink up to 3 liter of water and other liquids throughout the day, more when exercising.

Water loss during exercise due to sweating can be calculated by weighing before and after training and calculating how much water was lost, taking into consideration the amount of liquids consumed during the training session.

A good way of determining whether hydration levels are in order is to check the color of the urine. If it is clear or light yellow, hydration levels are good, that is when urinating for at least 7 times per day.

Ideal hydration starts in the morning immediately after waking up and ends in the evening before going to bed.

Hydration before training

Before training it is recommended to drink water, milk, diluted juices or diluted sports drinks.

Hydration during training

Water loss due to sweating in training should be compensated by drinking water, diluted juices or diluted sport drinks.

Hydration after training

Water loss due to training should be compensated post training by consuming plenty of fluids, such as water, juices, milk, chocolate milk or a mix of water, salt and juice to replenish lost electrolytes.

A great recovery drink post-training is a low-fat chocolate milk/vegan alternative, it contains carbohydrates and proteins for optimal recovery.

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Dehydration

If not enough fluids are consumed throughout the day, especially as pre, during and post training, the body is exposed to dehydration.

Dehydration decreases ice hockey performance, leading to heat exhaustion, heatstroke or eventually even death.