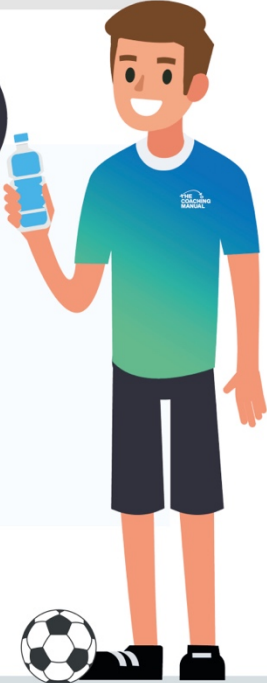


# REPLACING FLUIDS DURING TRAINING



## Sports Drinks

“For exercise lasting longer than one hour and is very intense, a sports drink providing carbohydrates would be a better option than water alone.”



Maintains blood sugar levels.

Provides you with carbohydrates to fuel the working muscles during an intense training session.

The carbohydrates increase the rate at which the fluid is absorbed, so nutrients and electrolytes get to your working muscles quickly.

The flavour of sports drinks encourages you to drink more fluid during exercise.

If you sweat a lot then you may benefit from a sports drink because it has more salt in comparison to water.

Sports drinks are proven to increase endurance capacity.

### What should I drink on a training day?



**Before**



Water

**During**



Sports Drink

**After**



Milk/Milkshake + Water