

DRINKING FOR PEAK PERFORMANCE

Dehydration is the number 1 nutritional cause of poor performance!!!

Everyday hydration:

- Drink plenty of fluids when you are not training
- Drink with and between meals
- Carry a water bottle around throughout the day



Before training or game:

- Drink 16oz of water 1-2 hour before training or game
- Consume an extra 10-16oz of water or sport drink 15-30 mins before training/game
- If you tend to cramp choose a sports drink

*Most athletes will not be able to replace 100% of water loss while active, so be proactive!

During training or game:

- Drink 6 - 8 oz of water or sport drink at every break or every 15 to 20 minutes
- Start sipping on a sports drink around 30 minutes into training
- Be sure to include a sports drink during games at half time and any injury break
- Look for a sports drink that contains no more than 6% carbohydrates (e.g. Gatorade)
- Avoid concentrated drinks like sodas, fruit juices, or energy drinks during workout
- For shorter workouts less than an hour only water is fine to drink

After training or game:

- Consume water and sport drink immediately
- Continue to consume water every 2 hours thereafter
- Sports drinks contain electrolytes and carbohydrates that will help you refuel most effectively (extremely important when playing multiple games in a day)
- Consume at least 2 cups of water for every pound lost

*South Carolina is HOT which makes hydration crucial for top soccer performance.

For questions or comments contact Kathleen Pollard RDN, LD at
kathleenpollardRD@gmail.com

