

HYDRATION

Water is one of the main components of cells and structures, not only in our brains but in our whole body. The human body can go without food for weeks, but without water we can hardly survive 3-4 days. We lose around half a litre of water a day just by breathing, and up to 2.5 litres through perspiration when exercising.

Sport science experts agree that dehydration plays a vital role in athlete performance. If the water requirements increase, the body will supply this precious fluid at any cost; sometimes draining water out of the brain structures; jeopardizing the health of these important organs and making us feel fatigued, dizzy and weak.

Regular water intake whilst running may be difficult for some runners, it is a habit that needs to be developed and it needs some practice. Drinking small portions of fluid regularly is recommended rather than large portions just before the race; room temperature water is always preferable and the use of sport drinks is advisable for runs over 10km to replenish electrolyte loss through sweat.

Proper fluid intake throughout your run could be the key to safely finish your best run ever. Happy hydrating and happy running!

