

SPORTS DRINKS USAGE FOR SWIMMERS

For general hydration for most youth athletes, *water* is the body's preferred beverage for staying hydrated. But for elite athletes during hard training days, sports drinks timed right can be an effective tool for keeping fuel in your tank, maintaining energy levels and speeding-up recovery.

Hard training days include:

- 2 or more hard training sessions in one day
- hard training lasting more than 1.5 hours
- competition or racing days with multiple events

Guidelines for using sports drinks:

- For training lasting 1.5 hours or less, drink water not sports drink
- During hard training lasting more than 1.5 hours, sip a sports drink every 15-20minutes
- Sports drinks can be used just after prolonged hard training to replenish fuel stores
- Choose sports drinks that are 10-20g carbohydrates and 55-110g sodium per 8 ounces.
- Brush your teeth. The energy in sports drinks come from sugar, which causes tooth decay.

Our very own Lori Post, RDN and Aquajets mom, has been working with the National Team to sharpen their nutrition tools! She recommends this recipe for [Homemade Sports Drinks](#) for elite athletes on heavy training days.

Also, great article about sports drinks and young swimmers in Swimmers World [5 Thoughts About Sports and Energy Drinks for Young Swimmers](#)