

Schools Triathlon Challenge '16



Rehydration after your event!

Hydration is just as important after exercise as it is before and during exercise. To jog your memories on how to work out if you are hydrated have a look at the hydration fact sheet from 2014. Handy tip ... urine colour is important!

If you lose more than 1% of your body fluids during exercise you can start to feel sick. This is more likely to happen if it is a hot day and if you sweat a lot. **Did you know that we also lose fluid in our breath?** So if we are breathing harder we are going to lose more fluid!

It will take 4-6 hours after your training or event to fully hydrate. So make sure you keep drinking water well after you finish.

Once you start to feel thirsty this is a sign that you are already starting to become dehydrated. Try and prevent thirst by sipping regularly during and after exercise.

When you train or exercise hard you sweat hard. Best fluids to rehydrate after exercise are:

- water
- plain milk
- broth soups

Nature's perfect sports drink is MILK!! Milk helps you to rehydrate fast by putting back everything you lost during exercise. It contains carbohydrates for refuelling your energy needs, protein to help repair those muscles and fluids and electrolytes to replenish the sweat.

Fizzy drinks can upset the stomach if consumed after exercise and can reduce your desire to drink other more hydrating beverages.

An icy cold icy pole may be just what you crave on a hot day after training. Pick ones with no added sugar or make your own. Try making these watermelon icy poles in advance so they are ready for you in the freezer when needed!



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Watermelon Icy Poles

Makes 10

- 3 ½ cups of diced watermelon, seeds removed
- 1 tablespoon of lemon juice
- ½ cup of Greek yoghurt
- 6 medium kiwi fruits, refrigerated
- 1 tablespoon of mini chocolate chips

Method

1. Blend watermelon and lemon juice together. Pour into popsicle mould until 2/3 full. Evenly distribute and drop the chocolate chips into the watermelon liquid. Cover with glad wrap or lid. Freeze for 3 hours.
2. Pour 1 tablespoon of yoghurt into each mould on top of the frozen watermelon. Freeze, uncovered, again for another 30 minutes.
3. Scoop kiwi fruit flesh out of skin. Blend until it turns into a puree. Pour on top of yoghurt layer. Freeze for a further 2-3 hours or until popsicles are frozen.
4. Enjoy on a hot day as a treat after a sporting event

