

# General Nutritional Advice: Fuelling & Hydration

## Good fuelling and hydration are essential for energy

### Hydration

- Use urine colour to monitor your hydration. Urine should be very pale in colour.
- Sip on water throughout the day - Get a water bottle, carry it with you and drink from it regularly.
- Set fluid goals e.g. drink 500ml between breakfast and lunch and 500ml between lunch and dinner.
- Carry water with you during training and sip throughout the session.

### Fuelling

- Eat a balanced diet that is high in carbohydrates and low in fat.
- Include carbohydrates at each meal and snack. Fruit is a good source of carbohydrates and is a great snack if you are trying to lose weight.
- Never train in a 'fasted state' e.g. if you have skipped meals/snacks during the day.
- If you are running before breakfast ensure the previous night's dinner was high in carbohydrates. If not eat include some carbohydrates before training e.g. banana or glass of juice.

	REFRACTOMETER URINE SPECIFIC GRAVITY GUIDE
<b>SEVERE DEHYDRATION</b>	>1.031
<b>EXTREME DEHYDRATION</b>	<1.028 - 1.031
<b>VERY HIGH DEHYDRATION</b>	<1.026 - 1.027
<b>HIGH DEHYDRATION</b>	<1.024 - 1.025
<b>MODERATE DEHYDRATION</b>	<1.021 - 1.023
<b>LOW DEHYDRATION</b>	<1.011 - 1.020
<b>HYDRATED</b>	<1.010