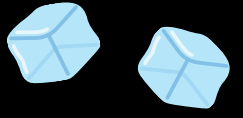




STAYING HYDRATED AND FUELED FOR TRAINING IN HOT WEATHER

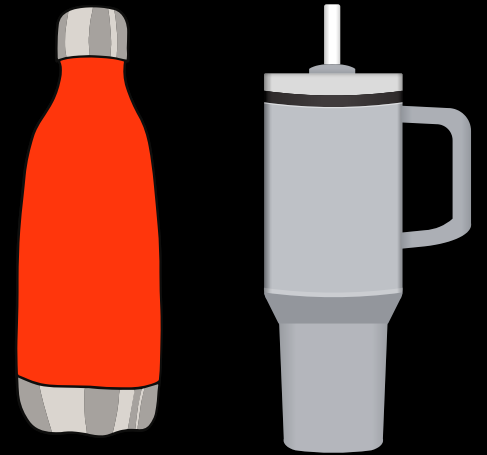


As the temperature rises, it's essential to prioritize hydration and proper nutrition to ensure optimal performance during training sessions. Here are five tips to help you stay hydrated and sufficiently fueled in the heat:

1

USE AN INSULATED BOTTLE

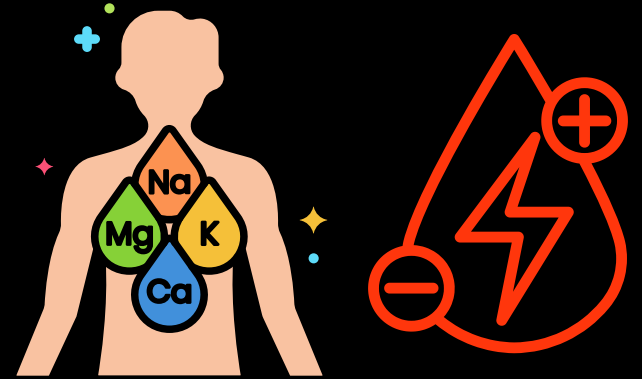
Invest in an insulated water bottle to keep your drinks cool throughout your training session. Cold beverages can help lower your body temperature and prevent dehydration, especially on hot days.



2

CONSUME ELECTROLYTES BEFORE, DURING, AND AFTER SESSION

Electrolytes such as sodium, potassium, and magnesium are essential for maintaining fluid balance and regulating muscle function. Consume electrolyte-rich foods or drinks before, during, and after your training session to replenish lost minerals and prevent dehydration.



3

EAT THE RIGHT FOODS BEFORE THE SESSION

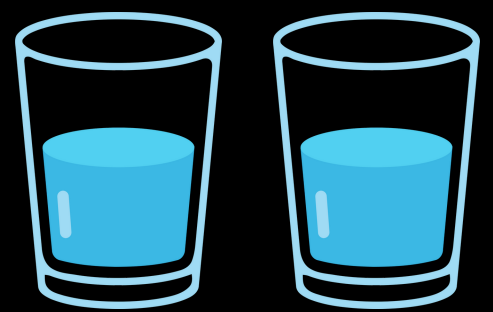
Fuel your body with a balanced meal rich in carbohydrates, protein, and healthy fats before your training session. Opt for easily digestible foods such as fruits, whole grains, lean proteins, and vegetables to provide sustained energy and prevent fatigue.



4

BRING EXTRA WATER FOR HOT SESSIONS

Hydrate adequately by bringing extra water to your training sessions, especially during hot weather. Aim to drink water consistently before, during, and after your workout to maintain hydration levels and replace fluids lost through sweat.



5

LISTEN TO YOUR BODY

Pay attention to your body's signals and adjust your hydration and nutrition strategies accordingly. If you feel thirsty, fatigued, or dizzy during training, take a break, and rehydrate immediately. Remember, staying hydrated and properly fueled is key to performing at your best, especially in hot weather.

