

## HALF-TIME STRATEGIES

- The recommended fuelling strategy is approx. 60 g of carbohydrate at half time and it can be ingested in the form of a bar, a gel, a drink and food (i.e. banana).
- This is probably more than what you currently consume but research shows that 60 g per hour of high intensity exercise enhances performance
- You can choose how to achieve 60 g and use the table below to help guide you.
- Example: 500 mL isotonic drink (40 g) + 1 medium banana (25 g) = 65 g
- Example: 1 Energy gel (22 g) + 1 large energy bar (42 g) = 64 g

Type of carbohydrate	Amount of carbohydrate
500 ml Bottle of isotonic drink will contain approximately (i.e. Lucozade sport)	40 g
1 Energy Gel (i.e. SIS Go)	22 g
1 Medium Banana	25 g
1 Large Energy Bar	42 g
1 Small Energy Bar	26 g
1 Rice Cake	30 g

- Avoid drinking large volumes of fluid at half time as this will sit in your stomach at the start of the second half. Around 250-300 mL of water or an isotonic sports drink such as Lucozade Sport is ideal.

## TAKE HOME MESSAGE:

Aim for 60 g of carbohydrate at half time

# HYDRATION MONITORING

- The best way to monitor hydration status is to either look at the colour of your urine or measure it using a portable osmometer such as the one below:



- Use the urine chart and osmometer chart below to help you stay hydrated
- For urine colour stay in zone 1-3
- For urine osmolality stay under 600
- If you are mildly or dehydrated then use 1-2 electrolyte tablets dissolved in 500 mL of water
- We all have individual sweat rates. Some people sweat more than others and some people lose more salt in their sweat than others. To work out your sweat rate use this guide: <http://data.gssiweb.com/fluidLoss>

## URINE COLOUR CHART

Safe Zone HYDRATED	1	
	2	
	3	
Danger Zone DEHYDRATED	4	
	5	
	6	
	7	
	8	

## OSMOMETER CHART

