



Water

As a runner, you probably already know by now that you should drink 3 litres of water each day. But *when* should you drink all that water?

Try to drink 2 glasses of water as soon as you wake up in the morning, before you eat breakfast. And especially before you reach for that first cup of coffee!

Why? Well, think about it! You've likely just slept for 6 – 8 hours. Your body has not received any fluids, yet it's been busy using fluids to recover and rebuild during your rest. You need to drink water as soon as possible to replenish the fluids you've lost during the night.

Once you've had your breakfast, you should continually drink water throughout the day, preferably in regular, smaller quantities. Gulping down large quantities of water in single sittings will have less benefit as most of it will simply be eliminated before it can be properly absorbed.

But what about drinking during a meal?

The ideal time to stop drinking fluids is 30 minutes before a meal.

Why? It is important to allow your body adequate time to absorb the water. Eating when your stomach is not full of water will help you efficiently digest the food and send the energy to your muscles for recovery and to help you get on with your day.

And ideally, you should resume liquids 90 minutes after your meal. By then, a large amount of the food in your stomach will be digested and your body will be able to efficiently absorb liquids.

Remember, slow and steady often wins the race, so try to continually drink small amounts of water throughout the day in order to reach your goal of 3 litres!

RUN!

Benny