

Drink. Swim better.



Do you bring a bottle of drink to sip on while you're training? Well done if you do. **If not, you're missing out.**

Why? Well, there are some sciencey answers why (and we'll talk about them if you come and ask), but the basic fact is this: **drink while you swim and you'll swim better.** Whether you're 7 or 17, you will have more energy, you won't feel so tired, so you'll be able to concentrate better and you'll swim faster.

Think about a car. If you don't put any petrol in, it won't go. Your body's just the same. If you don't put any drink into it you feel bad, you might get cramp and you stop too. And you don't want that.

So what's best to drink during training? Tap water's great. Tap water with a little bit of fruit squash or a teaspoon of sugar in is good too. They give your body what it needs to keep swimming and feeling great.

Bring it in any old bottle – it doesn't matter if you don't have a fancy sports bottle. **What's important is that you bring your water. It's a cheap and easy way to swim and feel a LOT better.**

So, show us your water bottles! And **drink to swim better.**

Andrew