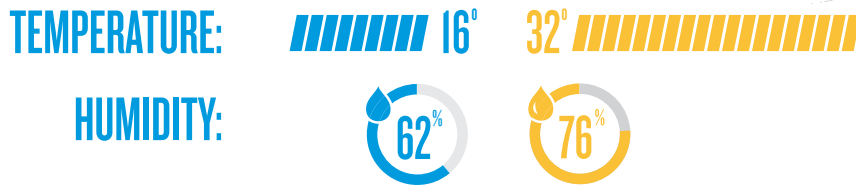


# THE IMPACT OF CONDITIONS ON PERFORMANCE

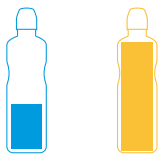
## LONDON v MANAUS



IF A PLAYER BECOMES DEHYDRATED BY MORE THAN 2% THEIR PERFORMANCE WILL SUFFER

### DEHYDRATION OVER 90 MINS

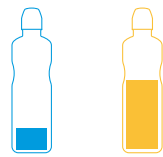
#### SWEAT LOST\*



Up to 2.25 Litres Up to 5 Litres

\*Min & max sweat rates (1 and 3.5 ltr/hr)

#### FLUID REQUIRED\*\* TO REMAIN HYDRATED

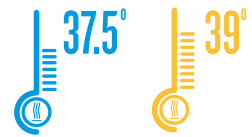


0.75 Litres 3.75 Litres

\*\*To avoid 2% weight loss

In Manaus, the sweat from a full team could fill 100 pints

### BODY TEMPERATURE



Exercise + heat pushes up the body temperature

The body sweats to cool down but humidity prevents this process. Very small increases create big differences to performance

### WEIGHT LOSS OVER 90 MINS

Sweat loss = Weight loss

5% is equal to your right foot and boot



### HEART RATE AT HIGH INTENSITY



The body works harder diverting blood from muscles which become fatigued = harder to exert power with the ball

### WORK RATE OVER 90 MINS

Heat and humidity combined with 2% weight loss from dehydration forces footballers to play a lower tempo game

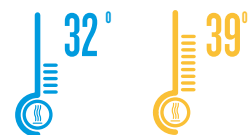
Distance covered during a match



High intensity efforts during a match e.g. sprints



### SKIN TEMPERATURE



Heat tries to escape the body by pushing the blood to the surface of the skin - making you go red in the face

The body becomes like a kettle reaching boiling point - if it's pushed over 39° you will be in serious physical danger

Carbohydrate-Electrolyte solutions enhance hydration and help maintain performance during prolonged endurance exercise

TO FIND OUT IF YOU COULD TAKE THE HEAT OF MANAUS VISIT [WWW.LUCOZADESPORT.COM/CONDITIONSZONE](http://WWW.LUCOZADESPORT.COM/CONDITIONSZONE)