

Description of data in primary data table contained in each field column

Subject	Participant number Numbers less than 200 are from the senior training squad
Repetition	Number of the swim sprint in the session numbers 1-10
50m Time	Time in seconds to complete the middle 50m of the swim repetition
Start Time	Seconds elapsed since the starting signal until the arrival of the swimmer at the 25metre turn
End Time	Seconds elapsed since the starting signal until the arrival of the swimmer at the 75metre turn
Lane	Lane Number (1-6)
Hat Colour	Colour of swimmers hat
Excluded	Flag for exclusion of this swim from analysis
Reason	Reason for exclusion
Pool Temp	Pool temperature in Deg C
Distance	Length of training set in metres conducted before the test set
Mean time	Mean time for all 10 sprints conducted by the swimmer on this day
SD_times	Standard deviation of times across all 10 sprints conducted by the swimmer on this day
Coeff_Var	Coefficient of variation amongst all 10 sprints conducted by the swimmer on this day
Male_15_time	50 m sprint time standardized as though swum by a 15 year old male
Percentage of PB	50m sprint time as percentage of personal best time for 50m freestyle in competition
Flag for analysis	Flag to include in analysis following random selection of sessions for analysis.
Selection order	Order of session selected for analysis by random selection
Session Number	Designated session number 1-6 No Drink, 7-9 Sports drink, 10-12 Water
Attended (1=yes, 0=no)	
Weight Pre	Swimmer weight pre session/ kg
Weight Post	Swimmer weight post session/ kg
Drink code (1N,2P,3W)	
Pre VAS 10 Thirst	Thirst Visual analogue scale pre session 0-10
Post VAS 10 Thirst	Thirst Visual analogue scale post session 0-10
Pre VAS 10 Tiredness	Tiredness Visual analogue scale pre session 0-10
Post VAS 10 Tiredness	Tiredness Visual analogue scale pre session 0-10
Increase in Thirst	0-10
Increase in Tiredness	0-10

Abdo Pain (1=yes, 0=no)	
Headache (1=yes, 0=no)	
Toilet Break (1=yes, 0=no)	
Toilet Break Weight Change	In kilograms
Fluid Intake mls	Fluid volume taken during the session
Actual Wt Gain g	Measured weight gain in kg
Urine output mls	
Urine Mls Per Kg	
Weight gain if no urine output g	Weight gain corrected for urine loss
Water loss from exercise g	Body water loss corrected for urine loss and fluid intake
Water loss after exercise g	Body water loss corrected for urine loss but not intake
% loss from exercise	Dehydration from exercise as % body weight
%loss after exercise	Dehydration after exercise as % body weight including during exercise rehydration
Duration Weeks	Weeks duration since the start of the study
PB_50m	Personal best time for 50m freestyle in competition.
Weeks since PB	Weeks elapsed at study entry since achievement of personal best time
Personal Migraine 1=Y	Is there a personal history of migraine?
Parent Migraine 1=Y	Is there a parental history of migraine?
Rank Nothing Pre	Swimmers prediction of performance ranking without any drink; from study outset questionnaire.
Rank Water Pre	Swimmers prediction of performance ranking for drinking water; from study outset questionnaire.
Rank Sports Drink Pre	Swimmers prediction of performance ranking for drinking sports drink; from study outset questionnaire.
Rank Nothing Post	Swimmers prediction of performance ranking without any drink; from study conclusion questionnaire.
Rank Water Post	Swimmers prediction of performance ranking for drinking water; from study conclusion questionnaire.
Rank Sports Drink Post	Swimmers prediction of performance ranking for drinking sports drink; from study conclusion questionnaire.
Comment	Any swimmer comments
Age at Start	Age in years
Male	Gender
British Age Record	For 50m freestyle where it is recorded for the age group
Suffolk County Record	For 100m Freestyle for age group and gender
Suffolk Correction factor	County record as multiple of Suffolk record for 15year old male

Height	Swimmer height in cm
Hair Height	Height above ground of lowest reach of head hair in standing position in cm
Hair length	Length of head hair from crown to lowest point on body
BMI	Body Mass Index at study entry