



## **PERSONAL DEVELOPMENT**

### **SWIMMERS LOG OF TRAINING, PERSONAL BEST TIMES AND DIET**

Dear Swimmer

For your own personal development, you will be required to complete a record of your pool training sessions, land based training sessions, any physical activity at school, rest and relaxation time and a daily log of your diet.

Record your details in an exercise book or diary. The details will need to include the type of work you have done, aerobic / speed work / skills .....

You can ask YOUR coach for details of the session plan.

It is also helpful to the coach to know how **you** feel after a session, whether you feel tired, whether you feel invigorated.

#### **RECORD KEEPING**

For example record the following details:

Date:

Wake up time:

Breakfast:

Lunch:

Dinner:

Snacks throughout the day:

Fluid intake:

Time went to bed / amount of sleep

Time and duration of AM Training session: Write details of session including type of work and metres completed / How do you feel?

Time and duration of PM Training session: Write details of session including type of work and metres completed / How do you feel?

#### **Competitions:**

Date / Time / Venue / pool length / whether open meet or team competition.

Record: warm up / events swum / personal bests.



### **DIET:**

Some swimmers do not eat the right type of food to fuel their bodies. There is a nutrition page on the Club website specific for competition: [www.daventrydolphins.co.uk](http://www.daventrydolphins.co.uk) click training / click nutrition

Just a bit of general information about fuelling up: *YOU WOULDN'T PUT DIESEL IN LEWIS HAMILTONS FORMULA 1 RACING CAR WOULD YOU?*

**YOU NEED TO EAT THE RIGHT FOOD FOR YOUR NEEDS: See the eatwell plate at the end of this information sheet: [www.food.gov.uk](http://www.food.gov.uk)**

You and your parents taking responsibility for what you eat and drink will help you to develop a healthy eating plan which hopefully will provide you with **all** the essential nutrients needed to maintain YOUR health, help you to grow and at the same time provide you with the energy you need to train more effectively.

### **Carbohydrates:** (Carbs)

We all know that it is extremely important to eat a well balanced diet. For swimmers it is no different, just make a few minor changes for your needs. Swimmers and very active people will tire very easily without the right fuel so you need to eat food such as pasta, potatoes, rice, bread, beans which are called **complex** carbohydrates. Carbohydrates give you the energy that you need to train. In your diet, you should aim to have 50% carbs. (The eatwell plate states less, but this is a general guide for non athletes. You are athletes burning lots of energy and you need lots of carbs)

There are also carbohydrates known as **simple** carbs, these are found in sweets, sugar, fruit, biscuits, soft drinks and jam. These will give a quick energy boost but not in the long term and in some cases you end up feeling more tired than before you ate.

### **Protein:**

Protein is very important as it helps the body recover after a heavy training session. Your muscles need it to get stronger. You need it to grow properly. Examples of protein are: Cheese / eggs / milk / meat / fish

### **Fat:**

You should not eat too much fat as it is bad for you. However, it is necessary to have some fat in your diet, such as spreads like sunflower or olive oil that are high in polyunsaturated fats.

### **Fruit and Vegetables:**

Your body needs vitamins and minerals to fight off infections and by eating 5 *different* portions a day, should give you the right amount you need. These fruit and vegetables can be fresh, tinned or frozen. Dried fruit such as raisins / sultanas and apricots also provide a good source of nutrients.

A portion could be:

An apple / a 200ml glass of fruit juice / 2 satsumas / 10 grapes / 25g raisins / 2 plums / a banana / 1 carrot / 2 spoons of peas / sweet corn / 2 heads of broccoli / tomatoes / \* Baked beans also count as a portion.



**D & H:** Drinking and Hydration:

**ONCE YOU FEEL THIRSTY YOU ARE ALREADY DEHYDRATED.**

You should aim to drink regularly throughout the day and make sure that you drink plenty during your training sessions by taking regular sips. You need to bring a **minimum 500mls of fluid per hour**. DO NOT SHARE DRINKS BOTTLES THOUGH. If you do not drink enough you may become dehydrated and not train OR compete as well as you had hoped. Water in itself has no calorific (energy) value, so during training and competition it is recommended that you drink a weakened hi juice or added sugar squash. (Always remember to make sure you clean your teeth thoroughly after, we don't want the dentist telling us off!) AVOID FIZZY AND MILKY DRINKS.

When you are hydrated, your urine (wee) will be pale and clear. When you are not fully hydrated your urine may be dark and smelly.

For further information on a well balanced diet, visit: [www.food.gov.uk](http://www.food.gov.uk)



The eatwell plate is based on the five food groups.

- Bread, rice, potatoes, pasta and other starchy foods
- Fruit and vegetables
- Milk and dairy foods
- Meat, (oily) fish, eggs, beans and other non-dairy sources of protein
- Foods and drinks high in fat and /or sugar

The eatwell plate encourages you to choose different foods from the first four groups every day, to help ensure you obtain the wide range of nutrients your body needs to remain healthy and function properly.

Choosing a variety of foods from within each group will add to the range of nutrients you consume. Foods in the fifth group – foods and drinks high in fat and/or sugar **are not** essential to a healthy diet.