

## **Race Day Fueling- Brief nutritional recommendations for competitions**

Different factors have an impact on maximising the outcome of the performance during the race. "Competition Eating" which is based on nutrition strategy during the year, can help to reduce or delay any fatigue and soreness related to racing.

Competition eating includes an eating strategy before, after and during the race and is impacted by the individuals' personal eating patterns and the race environment.

### **Carbohydrate refuel for non-endurance events:**

In the presence of the excellent nutrition strategy throughout the year and absence of significant muscle damage, 7-10g/d body weight per day would be enough to maximise the glycogen storage for non-endurance events.

We should bear in our mind that during the race, muscle glycogen storage will be used as a significant fuel during longer races. Athletes should adapt their eating a few days before the race to maximise the glycogen storage for the competition. However, younger athletes, especially young female swimmers, need extra support to develop their nutrition strategy.

### **Pre-race Carb fuel (1 hour before race):**

A general recommendation would be Low GI carbs like soy products, beans, fruit, milk, pasta, grainy bread, porridge and lentils. We should avoid aggressive carbohydrate load before the race to prevent any stomach discomfort.

Small snack 30-60 min before races is acceptable 1g/kg (of carbs).

### **Example of the pre-race snack meal:**

2 slices of bread with nut butter and jam

Banana or apple and sports bar.

Athletes should always try a few different healthy snacks in the days leading up to a competition to see what works best for them.

### **Hydration and Salt:**

Swimmers need to be sure that the body is fully hydrated (5-7 ml per kg body weight throughout event every 4 hours) before the competition and during the day. Although Sport drinks are a common source for rehydration and replacement of sodium, they do not enhance performance in short races. (Nor does loading up on candy before a race!)

### **More examples of healthy foods and drinks for athletes on meet days:**

#### **A very short break between races:**

Sport Drinks

Dried fruits or dates

Diluted juice

Flavoured milk

Sport gels

**Longer than 1-hour break:**

Small jam sandwich

Sports bar (protein bar)

Small portion of homemade pasta

Small portion of lentils

**Familiarization is the crucial part in all of this so swimmers should be incorporating this healthy snacks into their eating routines throughout the year.**

At <https://food4exercise.com/> we help young athletes improve their diet strategy throughout the training season.

Navid Golchoobian

MSc Sports Nutritionist & Food Science

BDA & SENr registered

TEL: 07446954490

Email: [navidwater2013@gmail.com](mailto:navidwater2013@gmail.com)

[www.Food4Exercise.com](http://www.Food4Exercise.com)

