

Preparing for Competition

17.02.20

Today:

Sit in teams of 3-4 people (not from your home club or school)

Pens & Notepads out

Competition Options:

What will work for you?

What are we thinking about?

2months away

2weeks away

1week away

When packing...

Competition Options:

- Breakfast
- Snacking
- Fluids
- Recovery
- Dinner

Hotel Breakfast

What time?

Early: Eat a light carb based breakfast, plenty of fluids. Make sure you eat well the night before.

Sociable time: Eat your normal sized breakfast, no more than 1 palm of protein, avoid high fat. Drink plenty of fluids.



FULL BREAKFAST

Back Bacon Rashers
Premium Sausage
Quorn® Sausage†
Eggs
Scrambled | Fried | Poached*
Boiled* | Omelette*

Hash Browns
Bubble & Squeak
Black Pudding
Closed Cup Mushrooms
Halved Grilled Tomatoes
Baked Beans

CONTINENTAL BREAKFAST

Bakery

Daily Baked:
Croissants
Pain au Chocolat
Pain aux Raisins
Cinnamon
& Raisin Bagel
Blueberry Mini Muffins
Sourdough Crumpets
Sliced Bread:
White, Malted or Gluten-Free*
American Style
Buttermilk Pancakes
Preserves,
Spreads & Jams
Peanut Butter | Nutella® | Maple Flavoured Syrup
Marmalade | Honey | Marmite® | Jams

Fruits

Fresh Fruit Salad
Apples & Bananas
Red Berry Mix
Dried Fruit Mix

Yogurts & Cereals

Yeo Valley® Organic Yogurts
Yeo Valley® Greek Style Yogurt
Kellogg's® Cereals & Muesli
Granola
Weetabix®
Porridge†



UNLIMITED DRINKS

Costa® Coffee
Twinings® Tea
Variety of flavours
Fruit Juices
Smoothie

(v) All of our Continental and Full selections are suitable for vegetarians with the exception of our premium sausages, black pudding and our back bacon.

* Kids eat free: up to a maximum of 2 children under 16 (aged 15 and under) can eat breakfast free per adult purchasing a Full Premier Inn Breakfast.

† Place your order with a member of the team.

Some items may differ to those shown. All products may be subject to change and availability. Photography is for illustrative purposes only.

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Snacking:

Stops you feeling hungry

Drip feed

Carb top ups

Allows you to eat
more, without
feeling 'heavy' or
'bloated'

Sensible Shop Bought Snacks

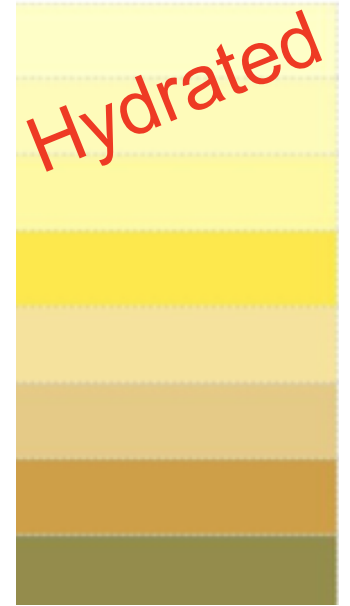


Fluids:

What? Water, no added sugar squash, tea, coffee, fruit juice, milk...

When? Sip-Sip all day, no caffeine after 3pm unless last day of racing.

Urine Colour:



How Much?

Per day...



3 x
750ml

plus
other
drinks

3Rs of Recovery



REFUEL

Carbs



REHYDRATE

Fluids

Sip-Sip! 



REBUILD

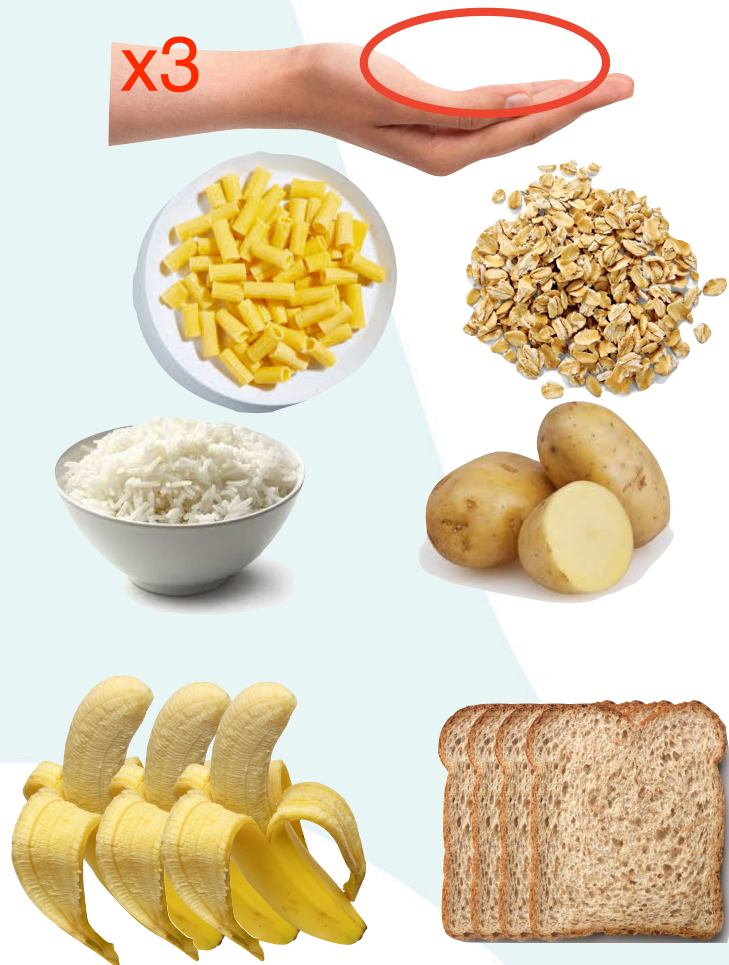
Protein

20-40g



50-80g

CHO 60-70g Portion



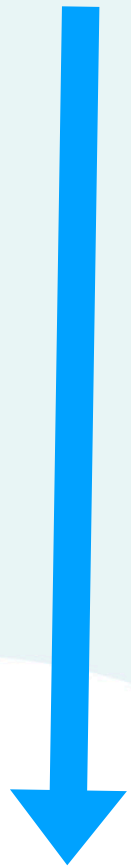
240–280kcal

PRO 20-40g Portion



80–120kcal

Recovery:



Immediately Post Race

Sip-Sip Fluids & Carb Snack

1hr Post Race

Sip-Sip Fluids

Carb & Protein Snack

1-2hrs Post Race

Sip-Sip Fluids

Meal: 1 Palm Protein, 2-3 Handfuls of Carbs

Competition Planning:

Aim: Be able to plan ahead & know what your best options are during competition

10 minutes



Competition Plan:



Race Day:



Fluids to Sip On All Day:

Small Meal 2-4hrs Before:

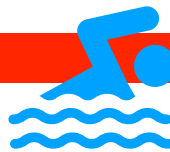
Small/Light Carb Snacks 1hr Before:

Optional Small/Light Carb Snacks
<1hr Before:

Immediate Post Race Carb Snacks:

Post Race Carb & Protein Snacks & Meal:

Post Race Carb & Protein Snacks & Meal:



Final consideration: Race Schedule

2 Day Competition

- Heats and Finals
- Length of warm up / second warm up needed
- How many races?
- How spaced out are your races?

6 Day Competition

- Do you have a timeline?
- How many events per day
- Rest days?
- Early morning starts?
- Late night finishes?
- Media? Anti-doping testing etc.

Swim England Performance Squad Top Tips:

Hotel Buffet Breakfast: “Stick to what you would have at home, don’t go mad!”

How Much to Eat & Drink: “Keep your tummy happy, eat little & often, sip fluids when you want. No big meals or snacks”

Multi Day Racing: “Eat well after last race so you can perform best for the next race the day after”

Swim England Performance Squad Top Tips:

Fluids: “Stay hydrated but not over hydrated by sipping squash or water when you want.”

Carbohydrates: “Carbs are fuel for racing so you need to have it before and refuel straight after to top up”

Nothing New: “Stick to your plan and don’t have new foods”



Questions?