

Swim Nutrition for Competition

- ★ Your competition nutrition is about maintaining energy levels and staying hydrated through out the meet. Eating and drinking regularly throughout the competition will help keep your energy levels topped up, help you to maintain your focus and concentration and prevent you from getting tired, helping you to swim to the best of your ability.
- ★ Choose food and drinks you use for your training schedule avoid trying new food and drink items as they may cause stomach upset or you may not like them and this may effect your performance.
- ★ Eat and drink well on the days leading up to competition.

Pre Event

2-4 hours before competition have a high carbohydrate low fat meal, such as:

- Large bowl of cereal with low fat milk with chopped banana/dried fruit + glass of fruit juice.
- Toast/bagel/rolls with jam/honey/ banana/beans/egg + low fat fruit yoghurt + glass of fruit juice.
- Pasta/rice/potato or noodle based meals (as per training meals).
- Sandwich with low fat filling + cereal bar and a large glass of milk.

Drink ~500-1000ml of fluid. E.g. Water, squash hot, milk, fruit juice, hot drinks.

Between Heats/Semi Finals/Finals

Choose carbohydrate foods and drinks that are easily absorbed if you have short intervals between events. Choose longer lasting carbohydrate foods in longer intervals. This will make sure your body has digested these foods in time to provide you with the energy you need for your event and avoid any stomach upset.

Longer than 2 hours before you swim

Carbohydrate based meal e.g. baked potato with beans, Sandwich/rolls, pasta/rice dish with a serving of protein e.g. tuna, chicken, hummus etc.

Keep fluid levels topped up by having a drink regularly and every time you eat e.g. sports drinks, water, full sugar squash.

30-60 minutes before you swim

Cereal bars, fruit, pancake, fruit bread, maltloaf, jaffa cakes, fig rolls, bagels, crumpets.

Less than 30 minutes before you swim

Sports drinks, fruit juice or full sugar squash, jelly babies, wine gums, well ripened banana.

Recovery

Have a snack within 30 minutes of finishing the competition e.g. cereal bar, malt loaf, sandwich, pot of low fat custard or rice pudding or any of snacks from above. Follow this up with a carbohydrate based meal ideally within 2 hours containing a source of protein e.g. chicken pasta, lean meat and potatoes, low fat lamb curry with rice, fish pie.

**BE PREPARED & ORGANISED - PACK SNACKS & DRINKS IN YOUR KIT BAG
FOR POOL SIDE**

Nutrition for Swim Training

FUEL – Swim training requires a diet that is high in carbohydrates to fuel sessions in the pool and on land to maximise performance, prevent early fatigue and aid recovery between sessions.

HYDRATION- Aiming to stay hydrated will help you to keep up your concentration, co-ordination and stop you from tiring out early in your training session. Fluids can also be a valid fuel source when consumed around and during your training.

Eating regular meals and snacks based on carbohydrate foods and drinking regularly throughout the day, particularly at key times before, during and after your training session is important to help you get the most out of your training, for optimal performance and health.

Below is a guide to help you devise your own nutrition plan to suit your individual training schedules (Snack and meal examples are not exhaustive).

Breakfast Pre – Training (Aim for 1 hour before)

- Toast /bagel + jam/honey/well ripened banana
- Cereal with semi skimmed milk + glass of fruit juice
- Cereal bar + 200g pot of low fat fruit yoghurt + piece of fruit/handful of dried fruit
- Drinking yoghurt, low fat milkshake, smoothie, cereal bars, banana, carton of fruit juice, milk, fruit flavoured yoghurt are all ideal options if eating on the go on the way to the pool or if you struggle to eat early in the morning.
- Have ~ 2glass (~500ml) of fluid e.g. water, diluting juice, fruit juice, milk, tea, coffee all contribute towards your fluid requirements.

During Training

- Keep a sports bottle by the side of the pool and drink between sets or in rest periods.
- Ideally drink regularly have a few mouthfuls every ~15-20minutes.
- Choose a Sports drink if the workout is of a high intensity (strenuous) or lasts longer than 1 hour e.g. Lucozade sport, Powerade, SIS go, high 5.
- Water or squash are suitable if it is an easy workout or less than 1 hour.

Post Training Second Breakfast – Eat as soon as possible after training finishes.

- Toast/bagel/rolls/savoury muffins with Jam/honey/banana/beans/scrambled or poached egg
- Generous bowl of cereal/porridge with semi skimmed milk + banana and/or low fat yoghurt
- Include a glass of fruit juice or fruit e.g. dried, tinned or fresh.
- Drink ~ 500ml fluid e.g. water, diluting juice, fruit juice, milk, tea, coffee all contribute towards your fluid requirements.

Lunch Options

- Sandwich/Rolls/Wraps/Pitta breads etc with low fat protein filling e.g. chicken, turkey, tuna, ham, hummus etc.
- Baked Potato + beans/chilli/cottage cheese/tinned tuna or salmon.
- Pasta or rice salad with protein e.g. chicken, beans and pulses, prawns etc.
- Soup with sandwich.
- Drink ~500ml of fluid e.g. as previous.

Before Training

Have a light snack before training if it has been longer than 2 hours since your last meal e.g.

- Sports drink, cereal bar e.g. nutrigrain bar, fruit n fibre, muesli bar, go ahead or raisin bread, banana, fig rolls or jaffa cakes, hot cross bun/crumpet/scone or pancake with jam, small bowl of cereal, toast with jam, glass of milk, carton of fruit juice.
- Have a drink with your snack.

After Training Recovery Snack

It is important to start refuelling and rehydrating as soon as possible after training to help improve your performance and replace energy and fluid levels ready for your next training session.

One of the above snacks can be chosen to eat immediately after training and then have a more substantial protein containing snack within 2 hours (see below for examples) or your next meal based on carbohydrate foods and include a source of protein (see meal examples).

For those training twice a day eat a snack immediately after training (as above) and for every hour until your next session see below (A light meal as per lunch/breakfast suggestions can be included in this time). Remember also to drink regularly and with each snack.

Low fat yoghurt + banana, Pancake + glass of milk, Large bowl of cereal + low fat milk, Tuna/ ham sandwich, Scrambled or poached eggs on toast, Lucozade sport recovery drink, Yop yoghurt drink, pot of low fat custard or rice pudding.

If energy and fluid levels are not replaced this will have a negative impact on your next performance

Main Meal Options

Serving of pasta/potatoes/rice with a serving of protein and vegetables/salad e.g.

Fish - salmon/tuna/mackerel/ with noodles and stir fry vegetables

Chicken, lean roast beef or gammon with boiled potatoes and roasted vegetables

Main Meal Options (cont)

Lasagne/spaghetti bolognese + salad

Prawn/chicken risotto + vegetables

Spanish Omelette with bread + salad

Supper (you may not need supper if having a late dinner)

Low fat milky drink e.g. Hot chocolate + slice of toast

Fruit, bowl of cereal, low fat rice pudding or custard etc.

****For all swimmers the type of food you choose will be the same but the quantities may vary depending on your individual energy requirements, the more training you do the more energy you need*.***

EXAMPLE MENU: 2 training sessions per day 1 early morning pool session and 1 evening pool session/land based training.

Pre Training Breakfast	<i>(Eaten in the car on the way to training)</i>	Banana + Smoothie, Squash
During Training		Sports drink
Post training/ Breakfast	<i>(As soon as possible after training)</i>	Large bowl of cereal + glass of fruit juice + low fat yoghurt, + water
Mid morning snack		Pancakes + jam, glass of milk
Lunch		Soup + tuna and sweetcorn sandwiches
Mid Afternoon		Cereal bar + piece of fruit, squash
Pre Evening Training Snack		Fruit loaf, squash
During Training		Sports Drink
Post Training	<i>(within 30minutes)</i>	Fig rolls, water
Evening meal	<i>(within 2 hours)</i>	Chicken and vegetable stir fry with rice, low fat rice pudding +water.