



Bletchley & District Swim Club

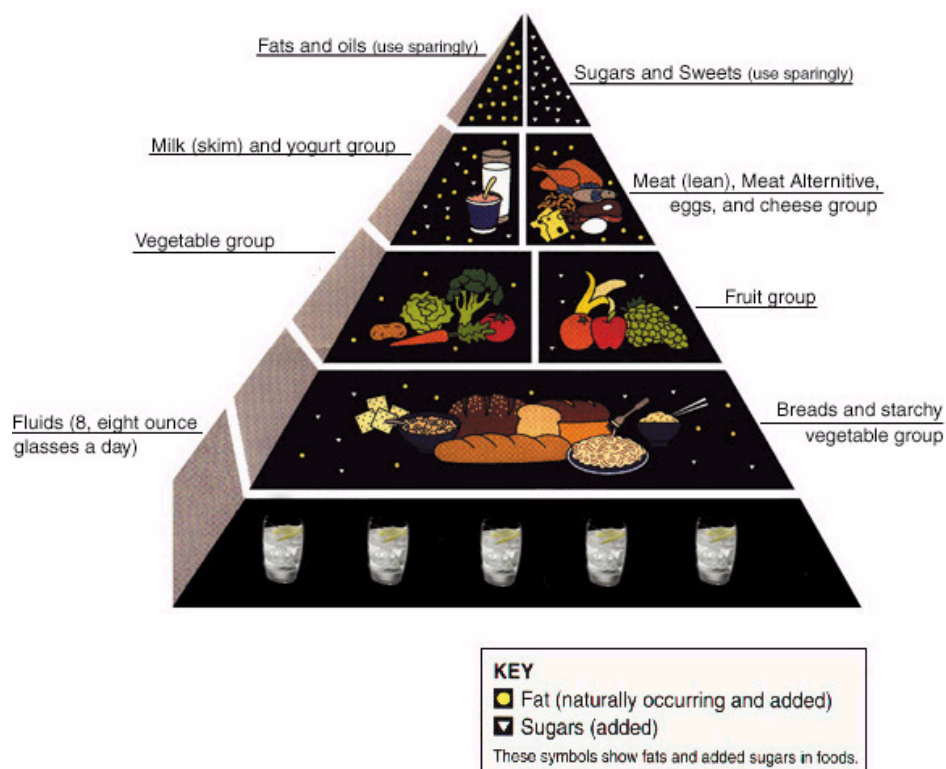
Affiliated to the ASA South East Region and the Oxon & North Bucks ASA

Nutrition for Swimmers

What you eat on a day-to-day basis is extremely important for training. Your diet will affect how fast and how well you progress, and how soon you reach competitive standard. The Food Pyramid below contains the different types of foods needed to train for top performance. This includes plenty of:

- **Fluids**
- **Breads and Starchy Vegetables**
- **Vegetables**
- **Fruits**
- **Milk and Yogurt** (choose low-fat varieties)
- **Meats (lean) & Meat Alternatives**
- Sparingly eat foods high in saturated **Fats** and **Oils & Sugars** and **Sweets**. Note:- These foods are in the small tip of the Pyramid. Be aware that foods containing added hidden fats and sugars are in the other food groups in the Pyramid.

Each of these food group types provides some, but not all of the essential nutrients swimmers need.



The correct balance of the food types will enhance competition performance. You should be aiming for the following balance:

- 57% Carbohydrates (potatoes, rice, pasta, cereals, bread)
- 30% Fats (dairy products, oil)
- 13% Protein (eggs, milk, meat, poultry, fish)



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Example Nutrition Information

Food (100g)	Energy(kcal)	Protein(g)	Fat(g)	Carbo(g)
Pasta	365	13.2	2	77
Weetabix cereal	340	11.5	3.5	70
Jelly packet	58	1	0	14

Energy Replenishment

Following training & competition your energy stores will be depleted. The rapid replenishment of energy stores is important for you as a swimmer, because you could be competing in a number of races in a meeting. It is important that within 2 hours after exercise you have a high carbohydrate intake. This speeds up the replenishment of energy stores and therefore speeds up recovery time. Typical high carbohydrate foods are listed below:

Potatoes	White Bread	Bananas	White Rice
Cornflakes	Weetabix	Shredded Wheat	Muesli
Glucose	Honey	Mars Bar	Raisins

What should you eat in the week before a competition?

In the run up to a competition the last three to four days try to eat a small meal or snack every two or three hours. Plan each meal around high- carbohydrate foods, you should be getting 60-70% of your energy from carbohydrates, whilst reducing fat intake, for example baked potatoes, bread or pasta.

What should you eat before competition?

Hopefully, by the morning of your competition, the previous day's eating will already have filled your energy stores. Your pre-competition meal should be high in carbohydrate, low in fat, low in protein, low in fibre (i.e. not too bulky and filling), enjoyable and familiar. Depending on the time of the competition, eat food types like breakfast cereals, porridge, fruit juice, fruit, rice cakes, boiled rice, potatoes.

What should you eat during competition?

Take small amounts of carbohydrate at regular intervals between events like energy bars, bananas to keep you energy levels topped up. Try to have some form of carbohydrate during the session intervals like Jacket potatoes or clod pasta.

Fluids

For 2% dehydration, performance will fall off by 10-20%, therefore drink on a schedule not when you are thirsty, as this is an indication that you are already dehydrated. Take a 1Ltr drink bottle to training and sports drinks to competitions. Avoid drinking fizzy drinks as these will make you drink less due to making you feeling full, they also de-hydrate you.

Make sure you are well hydrated before the competition having your last drink about 15-20 minutes before the start. Drink at regular intervals (150 to 300ml), ideally every 15 minutes or whenever you have a break during competition. Do not wait until you feel thirsty, you will already be dehydrated. Water is fine or you may prefer to use a commercial carbohydrate drink (Sports Drinks) as this will also refuel your energy stores.