Beine Wellness Building

We coach athletes to eat, supplement and recover for their genetics.

COACHES CORNER:
IMPORTANCE OF BETWEEN DRYLAND + PRACTICE FUELLING

Fuelling between dryland/weights and swim practice (or vice versa) is essential to replenish energy stores, support muscle recovery and prepare your body for another high-intensity training session. Consuming carbohydrates, along with a little protein (5-10g) when possible, helps ensure you have the energy to maintain intensity, technique, and focus throughout practice or your dryland/weights session.



What happens if you don't fuel adequately between sessions?

- Reduced performance
- Early fatigue
- Poor recovery
- Reduced focus and coordination
- Increased injury and illness risk over time
- Decreased muscle adaptation



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MEET FUELLING GUIDE

Fuelling around racing can be challenging. Nerves get in the way and can make you nauseous, you can be worried about eating the wrong thing and daunted by what everyone is eating around you. Here is a quick guide on what to snack on during meets, and why.

LESS THAN 45 MINUTES BETWEEN RACES

Liquid carbs here are a great option because they're easy to digest and provide readily available energy without leaving you feeling overly full. Since your body has limited time to digest and absorb nutrients before your next event, liquid carbs can help replenish energy stores quicker than solids can in order to support performance.







45-90 MINUTES BETWEEN RACES







If you have 45-90 minutes between races, solid carbs are the way to go because they provide sustained energy while giving your body more time to digest and absorb nutrients before your next event!

OVER 90 MINUTES BETWEEN RACES

If you have 90+ minutes between races, combining carbs with a little protein helps replenish glycogen stores while supporting muscle repair and recovery before your next session. Carbs provide the energy needed to refuel, while protein supplies amino acids to help repair muscle tissue after racing.



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