OLYMPIANS SWIMMING
OCTOBER 2026 NUTRITION BITE

THE 30 MINUTE MAGIC WINDOW



Right after hard exercise, your muscles are primed to soak up carbs to refill their energy stores and put protein to work repairing themselves.

The ratio that works!
Aim for at least 12g of protein to rebuild muscle, with carbs greater than or equal to the protein, to refill your carb tank!

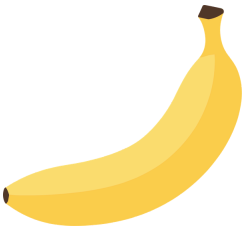
GRAB & GO OPTIONS THAT HIT THE MARK

Stock your swim bag with these on the go options so there is no excuse to miss that 30 minute magic!









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WELLNESS BUILDING
GENETIC SPORTS PERFORMANCE