



Fast, Fuelled & Focused

7 Nutrition Tips for Competitive Swimmers

1 Tune In

You're the expert

- 1 Recurrent injuries / illnesses
- 2 Changes in how clothing fits
- 3 Sleep quality and quantity
- 4 Mood and focus
- 5 Energy levels
- 6 Hunger cues
- 7 Recovery time
- 8 Complete training as expected
- 9 Digestion
- 10 Changes in performance

4 Creating your plate



General tips:

- Include whole grain options
- Opt for lean meats
- Incorporate plant-based proteins
- Include healthy fats
- Limit processed foods
- Choose water as your drink of choice
- Limit added salt / sugar

6 Energy Top Ups

Introduce before exercise to provide quick energy without causing digestive discomfort during exercise.



- Sport gels or drinks
- Crackers + sips of water
- Fruit snacks
- Pretzels + sips of water
- Dried fruit / dates
- Banana / orange
- Energy bites
- Granola bar / natural food bar

7 The Comeback with Recovery

Introduce carbohydrates and protein within 30 minutes - 1 hour after activity

Select one of your snacks OR have a meal

2 Stay hydrated

Choose water as your drink of choice!

Swimmers lose an average of 315-365 ml per hour in the pool

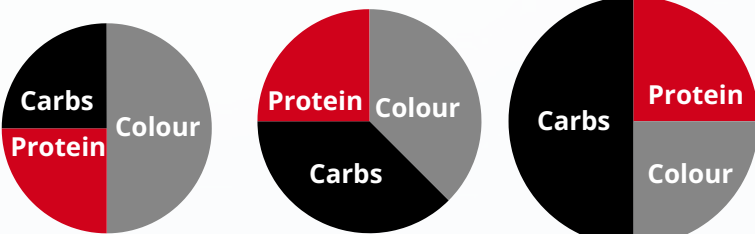
Goal: Replace 125-150% of those losses post-exercise

Monitor urine colour

- Hydrated:** continue on
- Mildly dehydrated:** drink 1 glass
- Dehydrated:** drink 2 glasses

3 Start with Breakfast

Athlete Plates:



Determine: **Time:** How much time do you have? **Type:** What are you having? **Total:** How much are you having?

5 Snack Power Pairs

Pair carbohydrates and protein to recover from activity.

CARBOHYDRATE	PROTEIN
Fruit snacks / bars	Cheese
Oat-based granola bars	Nuts / seeds
Fresh / dried fruit	Greek yogurt
Sports drinks / gels	Turkey sticks
Pretzels / crackers	Eggs
Popcorn	Beef jerky
Bagel / bread	Roasted chickpeas / edamame

Select one thing you want to work on and come up with a game plan to execute it!

Fuelling Plan Before Training

3-4 hours before

- Meal:**
- Potatoes + chicken + veggies
 - Spaghetti + meat sauce
 - Tofu stir fry with rice + veggies
 - Chili + whole wheat bun
 - Ham and cheese sandwich + salad
 - Potatoes + flank steak + asparagus
 - Pancakes + Greek yogurt + berries + maple syrup

1-2 hours before

- Mini feed:**
- Cereal with milk + homemade muffin
 - Greek yogurt + granola + berries
 - Bagel with cream cheese + banana
 - PB & J sandwich
 - Small wrap with meat + veggies
 - Cheese + crackers + an apple

<1 hour before

- Oat based granola bar
- Sport gels or drinks
- Fruit snacks
- Pretzels
- Fresh / dried fruit

<30 minutes before

- Juice
- Sports drinks
- Drink mixes