

Competition Nutrition For Swimmers

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What you eat and drink the week before and on the day of the competition can make a big difference to your performance.

The week before

- Eat a healthy training diet (see Nutrition For Swimmers)
- Cut down on 'junk' food and sugary snacks
- Hydrate – drink plenty of fluid before/ during/ after every training session

Competition day

1. Before you set off:
 - Plan and organise your eating strategy
 - Take your own foods and drinks
 - Re-hydrate: drink 200 - 300ml 2h before swimming
 - Have your meal 2 hours before warm up (Carb + protein):

toast with honey/ jam plus milk or yoghurt,
porridge with milk
cereal with milk
egg on toast

2. After warm up and events:
Rehydrate and refuel **immediately** or asap after swimming

Light meals (lunch)

- Pasta – mix with a little pesto or tomato sauce. Add any combination of veg (peppers, tomatoes, cucumber, sweetcorn), nuts, tuna, chicken, cheese.
- Sandwiches, wraps, rolls, pitta. Fill with chicken; tuna; cheese; peanutbutter.

Refuelling snacks

- Fresh fruit (easy to eat): bananas; prepared pineapple and melon; grapes, apples, satsumas
- Dried fruit – raisins, apricots, mango
- Rice cakes or wholegrain crackers or mini-pancakes
- Cereal bars
- Yoghurt; milk shake

Suitable drinks

- Water
- Diluted squash or juice diluted half and half with water (or sports drinks)

Do Not.....

- Load up with sweets and sugary drinks (or energy drinks) all day!
- Starve or leave long gaps between refuelling
- Eat or drink anything new
- Eat high fat foods like cakes, crisps and chips before the event

For more information and easy healthy recipes: **Sports Nutrition for Young Athletes by Anita Bean**, available from www.amazon.co.uk or book shops.
www.anitabean.co.uk

