

Swimming Nutrition

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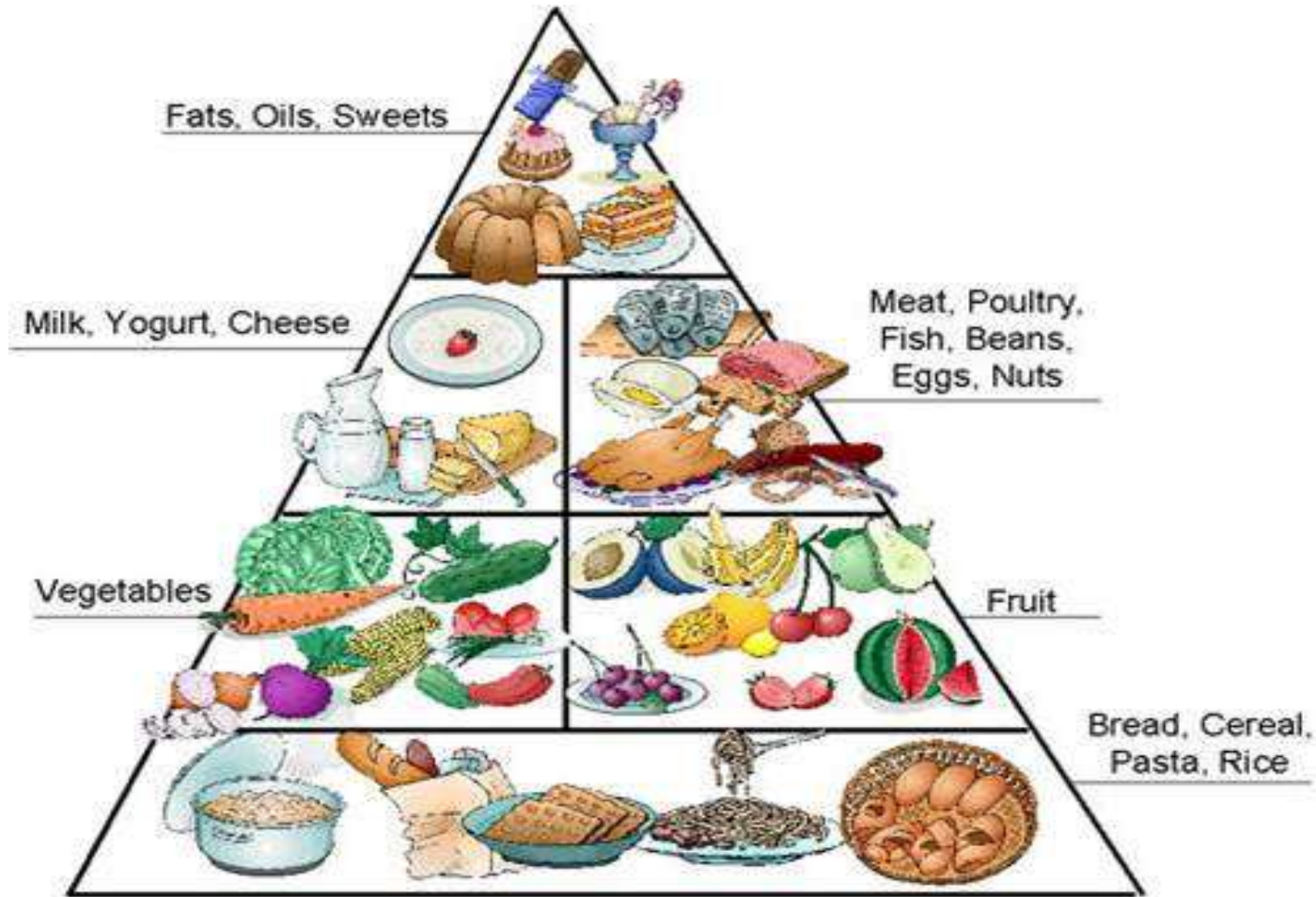


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Food Pyramid



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Normal 1 Session Day

Time	
7:00	Porridge
09:00	Activia Yoghurt
11:00	2 x fruit
13:00	Ham salad sandwich plus yoghurt
15:00	2 slices of soren (1cm)
17:00	Training
19:00	Yazoo
21:00	Chicken breast, roast potatoes, 3 veg
23:00	



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2 Session day

Time	
5.00	Museili
7:00	Training – 750ml per hour of water/cordial
7.30	2 x fruit plus 1 pint milk
09:00	Porridge
11:00	Handful of Nuts and Seeds
13:00	Turkey, salad tortilla wrap
15:00	Granola plus milk
17:00	Training – 750ml per hour of water/cordial
19:00	2 x fruit, cottage cheese
21:00	Tuna tomato pasta (70g pasta per serving) Rice pudding
22:00	Hot chocolate



Pre and Post training Snacks

Pre Training

- Fruit
- Soreen
- Yoghurt
- Small bowl of cereal

Post Training

- Yazoo
- Fruit and Cottage cheese
- Dried fruit
- Nuts and Seeds
- Yoghurt
- Milk



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Meet Preparation

- Its not what you eat on race day that results in a great performance.
- Ensure perfect diet 7 days before competition.
- No need to carbohydrate load unless doing >1500m event.
- Stay hydrated.
- Ensure good variation of fruits and vegetables to keep immunity high.



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Race Day

- Snack regularly (every 1-2 hours).
- Treat each swim like a mini session, i.e. ensure you have enough recovery snacks.
- Stay hydrated on 30+ degree poolside.
- Don't priorities food over warm up and swim downs.
- Example snacks:
 - Fruit
 - Nuts
 - Yoghurts
 - Rice cakes
 - Soreen
 - Cereal bars



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Sports Drinks

- Electrolyte sports drinks are not needed unless training for >90 minutes at 80% maximum effort.
- Do not use protein or recovery drinks for under 16 years.
- Seek proper advice on use from nutritionist or coach.
- If you have medical conditions, pregnant or nursing do not use sports drinks.



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Hydration

Dehydration Status	
Impaired performance	2%
Capacity of muscle work declines	4%
Heat Exhaustion	6%
Hallucination	8%
Heat stroke and circulatory collapse	10%



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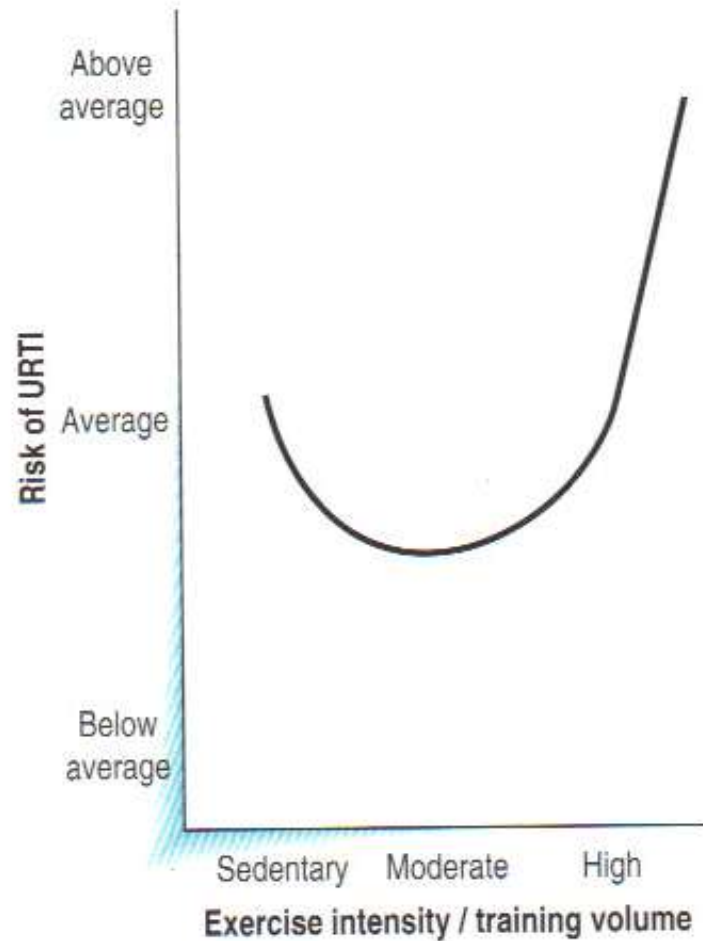


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Inverted U for Immunity



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Key factors for Swimmers

- Low glycogen stores – poor recovery strategies
- Dehydration
- Hypoglycaemia – low blood sugar
- Psychological stress – school, exams, work.
- Sleep deprivation – aim for 8 – 10 hours
- Jet lag and travel across time zones



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How does training affect immunity?

- Low intensity exercise increases immunity compared to no exercise.
- High intensity exercise causes a temporary reduction in immune function.
 - Causes increase in stress hormones.
 - Toxins released during exercise.
 - Body's priority is recovery from exercise.
 - 1 – 3 hours after training immunity is reduced.



Tips for Improved Immunity

- Avoid contact with people who are already ill.
- Wash hands regularly and thoroughly.
- Avoid touching push plates, hand rails and handles in high traffic areas where possible.
- If in high traffic areas and can't wash hands use a hand sanitising gel.
- Avoid hand to mouth / eye contact (these areas are more sensitive to infection).
- Maintain good oral hygiene (brush teeth regularly).
- Never share drinks bottles.
- Wash drinks bottles regularly.
- Maintain core body temperature.
- Flu Jab (double session days / asthmatic).



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Questions



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