

Nutrition and Hydration for Performance

In the modern world of swimming it is no longer enough to rely on natural talent, fitness and the desire to win to achieve your potential. Several factors such as the right parents, the right training and the ability to perform under varying conditions and pressures are critical. Good pre and post training/competitive nutrition and hydration is also part of this package.

General Pointers

- Enjoy a variety of nutritional foods daily
- Decrease saturated fat intake
- Focus on high carbohydrate food and drinks
- Remain hydrated

Food

Food is made up of 4 components:

1. Carbohydrates - they come in 2 forms:
 - a) Simple carbohydrates - give you more energy for a short time but then you feel more tired than before e.g. sweets, sugar, jam, fruit, cakes, biscuits, soft drinks, dextrose etc, these are not recommended.
 - b) Complex carbohydrates – these are released slowly and a much better source of energy e.g. rice, pasta, potatoes, oats, bread, peas, lentils, baked beans. Highly recommended.
2. Protein – helps you recover from training, increases muscle strength, ensures proper growth e.g. eggs, cheese, milk, meat, peas, beans.
3. Fat – is bad for everyone so do not eat too much.
4. Fruit and Vegetables – eat at least 5 portions a day and you will have the vitamins and minerals your body needs to fight off infections.

Drinking

Drink regular throughout the day. Always have a bottle on poolside. If you do not drink enough you will become dehydrated causing you to not exercise or think as well as you can.

Fizzy drinks or drinks with a lot of sugar will make you thirsty, water or weak squash is the best drink you can have.

- Ensure you drink 500ml of drink immediately prior to training or competition
- Aim to drink 250ml every 15 minutes during intense training
- Rehydrate steadily following training or competition

Healthy Eating Plan – Basic Rules

- Limit alcohol, tea and coffee
- Steam, poach or grill
- Eat five meals a day at regular intervals
- Breakfast is the most important meal of the day
- Avoid simple sugars
- Eat fat to burn e.g. avocado, olives, seeds, nuts, salmon, mackerel, tuna, sardines

Breakfast

- Eggs (not fried) and a slice of toast
- Porridge (add berries)
- Natural yoghurt
- Muesli
- Protein shake

Lunch/Dinner

- Fish, chicken or turkey and vegetables
- Soup
- Omelette
- Baked potato with beans or tuna
- Wholemeal sandwich
- Stir fry

Healthy Snacks

Bananas	Cereals
Banana sandwich (no butter)	Fig roles
Marmite sandwich (no butter)	Tuna sandwich
Apple, pear, orange	Scone and jam
Mixed nuts (not salted)	Beans on toast
Nutrigrain bars	Yoghurt
Soreen (Malt loaf)	Muller rice
Soreen bars	Fruit cake
Bagels	Fruit shakes
	Dried fruit