



Prescot Swimming Club

Swimming Nutrition

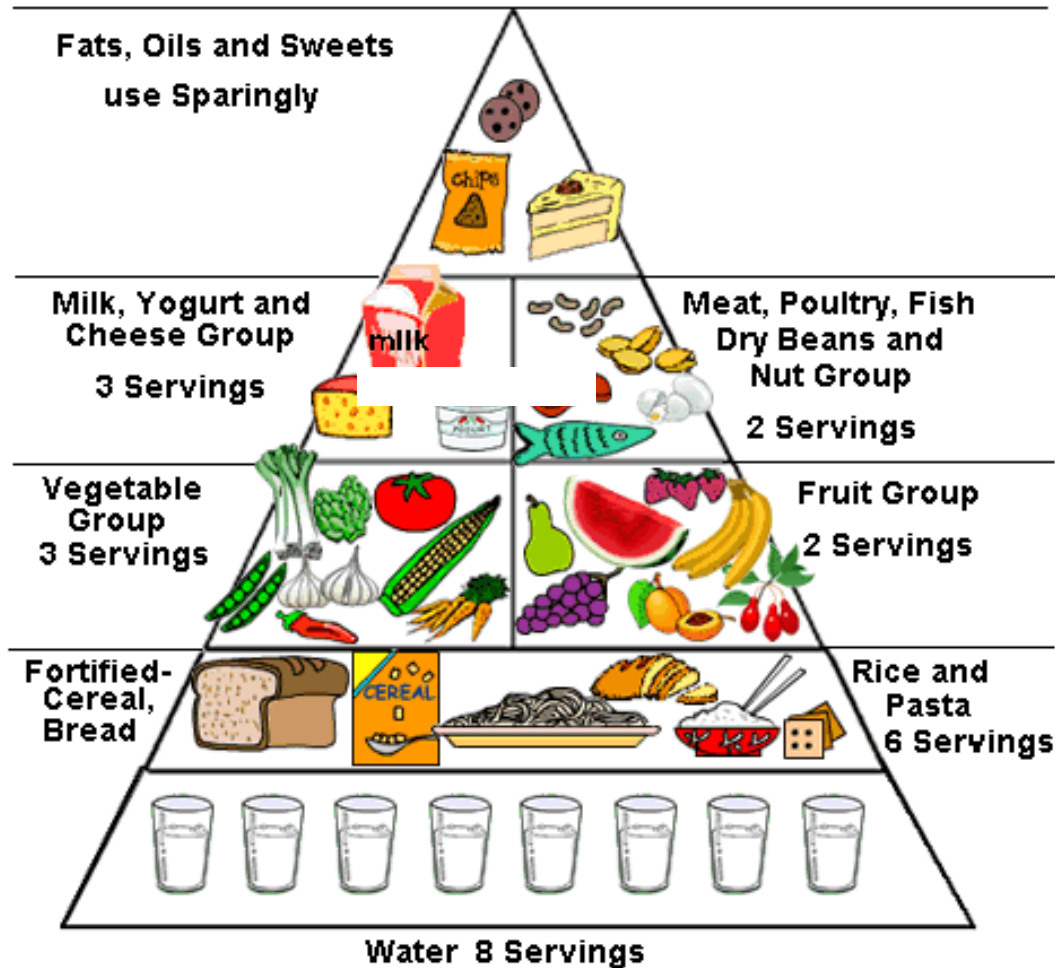
Nutrition advice for swimmers and families

Prescot Swimming Club

Swimming Nutrition

- Advice for swimmers and families
- Applicable for all age groups
- Girls up to 13, Boys up to 14 – aim to establish good drinking & eating habits
- Youth and Senior swimmers would benefit from additional advice specific to their requirements
- Info as presented by Andy Shepherd, Absolute Sports Nutrition & England Talent Programme

A Healthy Balanced Diet



- As a general rule:
- Unused proteins are stored as carbs
 - Unused carbs are stored as fat
 - Fat is stored as fat.
- Need to keep a balanced diet.

Other Nutrients to Note

Iron

- Red meat
- Fish
- Poultry
- Shellfish
- Dark Green Leafy Vegetables
- Dried Fruit (caution on sugar content)
- Vegetarians drink orange juice to aid absorption of nutrients



Other Nutrients to Note

Vitamin D

- Sunshine
- Fish Oil (Cod Liver Oil)
- Eggs
- Mushrooms
- Milk
- Oily Fish (Mackerel, Pilchard, Sardines)



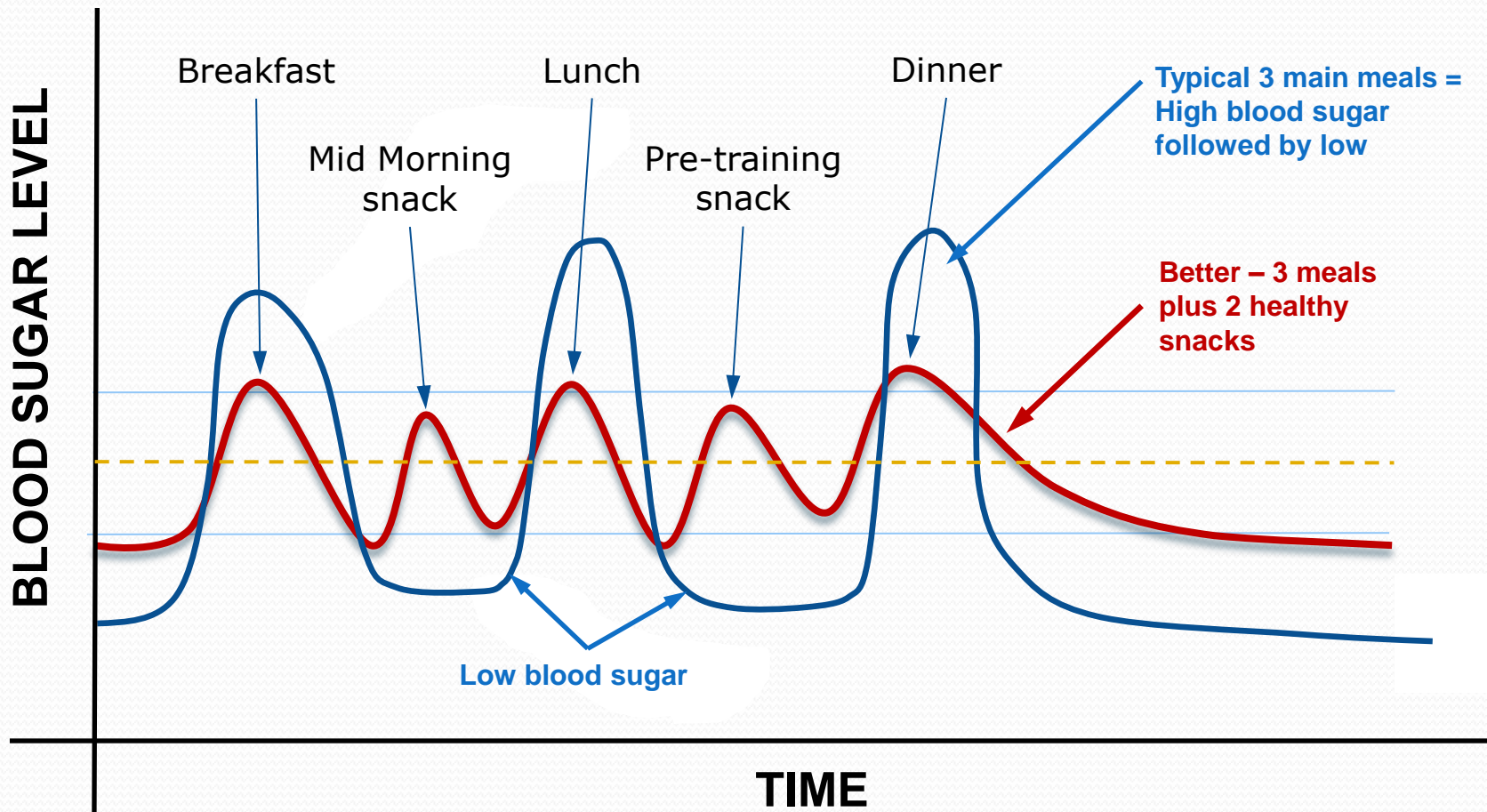
Omega 3

Important for recovery – reduce muscle inflammation + Assist your immune system

- Salmon
- Mackerel / Herring
- Soy beans
- Pumpkin seeds
- Anchovies
- Flaxseed / Flaxseed Oil



Blood Glucose – 3 meals + 2 snacks per day



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Example Timings – 5 meals/snacks – 1 Training Session

- 0700 **Breakfast** - Bran Flakes / Weetabix / Shredded Wheat / Porridge with Milk and Fruit Juice. Try to eat some fruit in the morning – e.g. mixed berries, banana
- 1030 **Mid Morning Snack** - Fruit – Apple / Pear / Grapes / Melon
- 1200 **Lunch** - Turkey salad sandwich on seeded bread ideally wholemeal or ½ & ½
- 1530 **Pre-Training Snack** - Fruit, Yogurt, Granola
- 2000 **Dinner** – Meat/Protein + 2 Veg + Sweet/Baked Potato
- 2100 **Malted Hot Drink** – aids good night's sleep
- Youth and Senior swimmers move to additional pre- and post- morning training meals/snacks.

Remember – main meals and especially any treats must be eaten more than 2 hours before or after any training or competition

Cereal bars – be cautious with these as most are full of sugar.

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Example Timings – 7 meals/snacks – 2 Training Sessions

- 0500 **Breakfast** - Bran Flakes / Weetabix / Shredded Wheat / Porridge with Milk and Fruit Juice.
- 0530 **Training** – Drink 750ml of water or cordial
- 0800 **2nd Breakfast** – Toast, ideally wholewheat + fruit + milk
- 1030 **Mid Morning Snack** - Fruit – Apple / Pear / Grapes / Melon
- 1200 **Lunch** - Turkey salad sandwich on seeded bread ideally wholemeal or ½ & ½
- 1530 **Pre-Training Snack** - Fruit, Yogurt, Granola
- 1700 **Training** – Drink 750ml of water or cordial per hour
- 1915 **Post Training snack** – e.g. half a ham sandwich, milkshake
- 2000 **Dinner** – Meat/Protein + 2 Veg + Sweet/Baked Potato
- 2100 **Malted Hot Drink** – aids good night's sleep

Remember – main meals and especially any treats must be eaten more than 2 hours before or after any training or competition

Cereal bars – be cautious with these as most are full of sugar.

Nutrition during School / College

- If school dinners are good these are fine, but ensure the correct food groups being eaten – there is a great deal of peer pressure not to eat vegetables & salad
- It's important to remember swimmers are different to others in school / college and they do need all the nutrients they can get
- If school dinners or food choice are poor, take your own
 - Healthy sandwiches / pasta + snacks
 - Plenty of fluids throughout the day – water or squash
 - Occasional treats – no more than 5 per week
- It's better to take more transportable snacks than too few – you can re-use them the following day

Packed Lunch, Snacks & Drinks

- Packed lunches need to be complete – Carbohydrate, Protein, Vitamins & Minerals, Fluids

Main Meals	Snacks	Fluids
Ham Salad Sandwich	Fruit of different colours, Dried Fruit, Mixed Nuts	Water, Dilute Squash (cordial, take care with sugar content)
Chicken Pasta	Cereal Bar – Nature Valley Oats & Honey	Fruit Juice
Tortilla Wraps with Tuna or Chicken – include mixed salad	Yoghurt, Fruit Smoothie	Milk

Example Dinners

Main Meal	Dessert	Fluid
<ul style="list-style-type: none">• Tuna pasta bake with veg/salad• Chicken breast with roasted sweet potato & veg• Stir fry veg & egg noodles	<ul style="list-style-type: none">• Jelly• Fruit salad• Mixed berries• Low fat custard• Yoghurt• Rice Pudding• Milkshake• Occasional treat	<ul style="list-style-type: none">• Water• Dilute squash (cordial)• Fruit juice

Hydration

Critical for performance

- 2% dehydrated = 10% slower performance. If your target time is 60 seconds, you'll take 66 seconds

See Your Pee

- Once per week
- Check your pee colour against the chart
- Keep the colour between 1 and 2 by drinking enough water / cordial

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
<hr/>		
4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!!
6		YOU NEED TO DRINK MORE WATER!
7		
8		

Training Fluids

- Very strong advertising for 'Sports Drinks' – but Water & Squash are even better as they have less sugar

Pre	During	Post
<ul style="list-style-type: none">• Water – better to eat & drink b4 training, and sip water/squash during training	<ul style="list-style-type: none">• Water – better to eat & drink b4 training, and sip water/squash during training	<ul style="list-style-type: none">• Water• Cordial
<ul style="list-style-type: none">• Squash (Cordial)	<ul style="list-style-type: none">• Squash (Cordial)	<ul style="list-style-type: none">• Fruit Juice (orange or apple juice)
<ul style="list-style-type: none">• Fruit Juice – 1-2 hours before	<ul style="list-style-type: none">• Sports Drinks – only for > 1.5 hrs @ MAX effort	<ul style="list-style-type: none">• Avoid carbonated drinks - 2hrs prior or post training

Recovery

- Recovery has 2 key parts:
 1. Hydration – most important before, during and after
 2. Recovery
- Adequate recovery is the most important part of the athlete's development and daily routine - 2nd only to hydration
- Essential after every training session and race
- Recovery is:
 - Re-fuelling – correct carbs, protein, veg/salad
 - Repair – aided by quality protein (meat, fish, beans)
 - Essential after *every* training session and race

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Recovery Options

- 30 minute window – this includes time getting dressed
- Include both high quality carbs (50-70g) + high quality protein (20-30g)
- Avoid high fat foods and carbonated drinks



Homemade Milkshake best
(use UHT milk + Nesquick)



Sandwich – ideally brown
bread + meat/tuna with salad



Pasta Pot with meat or
fish + veg/salad



Cereal Bar (Nature Valley
Oats & Honey)



Milk, cottage cheese,
natural yogurt & fruit



Rice Pudding (add
dried fruit for variety)

Recovery snacks

- After training, it is easy to go for quick snacks from the vending machine – crisps, chocolate bars. DON'T !
- These foods initially make the swimmer feel great, but you'll suffer from a glucose dip quickly as the sugar or fat rush subsides – this results in slower absorption of the nutrients, slows recovery & reduces performance in the next session or race.
- Solution for recovery is to plan ahead – hydration, carbs & protein – take the right snacks with you to the pool – remember the 30 minute window for recovery snacks.

Nutrition for Competition

- It's what's eaten in the weeks before, and especially the 3 days before that counts
- Aim to eat a big meal more than 2 hours before your race. Usually this is not possible, so eat smaller meals throughout the day.
- 3 Days before competition:
 - Increase fluids
 - Get plenty of sleep
 - Increase carb portion sizes slightly for events 400m and above – 14+yo boys, 13+yo girls

Competition Day Nutrition

- Treat each race as a mini session – drink and eat before and after each race
- Healthy Snacks – prepare before, don't rely on cafe or vending machines
 - Hydration – water/squash before race; Sports drinks in 20-30 mins after race
 - Fruit – ideal for a quick boost to your system & easy to digest
 - Cereal Bars – Granola or Nature Valley Oats & Honey (not sugar based bars like Kellogs or Nurtigrain as these are not good for you)
 - Healthy Flap Jacks (i.e. not chocolate covered)
 - Mixed nuts & seeds
 - Jaffa Cakes, Haribo, Jelly Babies – best not to have these but just a couple immediately after your race is okay. Eat these any other time and you will go slower. Try eating any from the list above first.
- Avoid carbonated drinks and foods that contain fat on competition days/weekends as they take too long to digest

Final Points

- Supplements are not recommended for swimmers as your body absorbs nutrients far better from natural foods + you don't know exactly what is in them (doping). Healthspan.co.uk recommended by British Swimming, should the need be identified to take supplements.
- 4 Key Points:
 - **Drink** – For effective training, recovery and race day - Dehydrate by only 2% means 10% slower than you could go - 66sec on 60 sec PB (not sure - see your pee)
 - **Eat healthy** – carbs, veg, fruit, protein, dairy (food pyramid)
 - **Train** as well as you can
 - **Sleep** - Get plenty of sleep