

Nutrition Needs for Daily Swim Training



This information is from the Nutrition Center on the USA Swimming website: www.usaswimming.org

Fuel

- Every set during every workout and dryland session requires energy.
- Carbohydrate, protein, and fat supply energy in the form of calories
 - vitamins, minerals, and water are needed by the body to access the energy from these fuels
- Carbohydrates are an important fuel source for swimmers

Sources of Carbohydrate (carbs)

- Most people know about pasta, cereal and bread as sources of carbs.
 - they are carb-rich and easily digested and absorbed
- Fruits and vegetables are often overlooked as sources of carbs
 - they provide carbs in the form of natural sugars and are good sources of vitamins and minerals (including anti-oxidants).
- Look for colorful foods: apples, strawberries, blueberries, bananas, oranges, kiwi, watermelon, raspberries, grapes, mango, papaya, apricots, red peppers, broccoli, corn, squash, carrots, peas, green beans, tomatoes

How Much?

- Teens with a two-hour swim practice every day need about 2,700-3,600 calories each day to support the demands of training and normal growth & development!!!!
- The general recommendations for swimmers (in-season) are that daily food intake should be 20% protein, 50% carbs, and 30% fat.

When to Eat

- Spread carbs out over the day (i.e. smaller meals and frequent snacks)
- Eat some carbs before morning practice (can be in the form of juice)
- If workout is 90 minutes or longer, try sports drink during workout (i.e. Gatorade or Powerade)
- **Eat a recovery snack with carbs and protein within 30 minutes after workout**
- **Eat a meal within 2 hours after workout**

Hydration

- Drink fluids to stay hydrated and provide the body with fuel
- **During workout:** drink a couple of sips every 15-20 minutes of water or sports drink (avoid anything with more than 6-8% carbs – Gatorade and Powerade are OK)
- **After workout:** at least 1 cup immediately and 3 cups for every pound lost during practice
- **During the day:** drinking all day is as critical as during and after workouts
- Mix it up: if use sports drink during practice, drink water and juice during the day

Nutrition Needs for Swim Meets



Nutrition: It's all about Consistency
by Kelton Graham
CW Head Coach
Former Huron Men's Head Coach

This is information I received from a nutritionist

Pre-Meet Meal (About 3 to 4 hours before 1st event)

Lots of carbs, some protein, minimal fat (no sausage/bacon)
At least 1 fruit or veggie (For antioxidants + vitamins and minerals)
Lots of fluids

Don't Eat appetizers + desserts, alfredo sauce, greasy or fried foods, creamy foods, high sugar foods, spicy foods, entrée salads, foods that you have never eaten before.

If more than 1 hour before 1st race

16 – 20 ounces of Gatorade and carbs/protein/snack
Examples: ½ peanut butter and jelly sandwich, sports bar, nutrition shake, chocolate milk (10 ounces), trail mix, ¼ turkey sandwich

1 Hour before 1st race

30 grams of carbs
Examples: large piece of fruit, ½ sports bar, 5 fig newtons, ½ bagel, 3 large hard pretzels

During meet if less than ½ hour before events

12 to 16 ounces of Gatorade and small snack
Examples: fruit (orange, grapes), graham cracker, dried fruit, bagel pieces, granola bar

Warning: DON'T TRY ANYTHING NEW ON COMPETITION DAY!

More Ideas for Food to Eat



From USA Swimming and the Gatorade Sports Science Institute

Examples of meals/snacks that provide 100g of carbohydrates:

- 1 whole grain bagel with peanut butter and 2/3 cup of raisins
- 1 cup of low-fat yogurt, 1 banana and 1 cup of orange juice
- 1 turkey sandwich on whole grain bread and 1 cup of applesauce
- 2 cups of spaghetti with meat sauce and 1 piece of garlic bread
- 8 oz. of skim milk, 1 apple, 1 orange, 2 slices of bread, and 3 pancakes

Ideas for snacks that travel easily:

- fresh fruit
- cut-up vegetables
- crackers
- bagels
- raisins
- muffins
- water/fruit juice/sports drink

USA Swimming's Top 5 Recovery Snacks (each provides carbs + 20g of high quality protein)

1. 2 cups of low-fat chocolate milk
2. 1 cup of low-fat cottage cheese with fruit
3. 3 ounces of turkey breast on a wheat bagel
4. 4 tablespoons of peanut butter and strawberry jam on wheat bread
5. 7 ounces of Greek-style yogurt with granola or fruit

Sample Meals

Breakfast: orange juice; fruit, low-fat yogurt; pancakes with maple syrup; 2% or skim milk

Breakfast: english muffin; strawberry jam; 1 egg; orange juice; 2% or skim milk

Lunch: turkey sandwich on 2 slices of whole grain bread with one slice low-fat cheese, lettuce, and tomato; veggies (carrots, celery, etc); low-fat yogurt; fruit or fruit juice

Lunch: thick crust cheese or veggie pizza; salad; fruit; 2% or skim milk

Dinner: vegetable soup; spaghetti with marinara sauce; salad; bread; fruit; 2% or skim milk; sherbert

Dinner: chili on a baked potato; whole grain bread; low-fat chocolate milkshake; fruit