

Nutrition for Swimmers

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A healthy diet will help you train harder, perform better, recover faster, reduce your chances of illness and gain a competitive edge. Here are some tips to help you plan a healthy training diet:

Before training

Fuel up: Eat a meal 2–3 hours before training (Carb + protein + fat – low GI)

Hydrate properly: drink 200 - 300ml 2h before swimming

Suitable pre-training meals:

- Jacket potato with cheese, tuna or baked beans plus veg
- Pasta with tomato-based sauce or pesto; Cheese, tuna or chicken; plus veg
- Rice with chicken, fish or beans plus veg
- One pot dish with pulses, veg, lean meat or fish PLUS potatoes or pasta
- Sandwich/ toast with tuna, cheese, chicken or peanut butter

If you don't have time for a meal (eg early morning training), have a snack 30 min before training with 200 – 300 ml water. You should NEVER train on empty!

Pre-training snacks

- Toast (wholegrain) with honey or jam
- A banana (or other fresh fruit)
- A handful of dried fruit (e.g. raisins, apricots)
- A cereal bar
- Porridge or wholegrain breakfast cereal with milk

During training

Prevent dehydration: drink plenty

Refuel (if training hard for > 1 hour): Carbs

- drink around 300 - 500 ml per hour
- drink little and often, ideally every 15 – 20 minutes
- If training for 1 hour: water or sugar free squash

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



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For training sessions lasting longer than 1 hour, swimmers may find that consuming additional fuel (in the form of a drink or as food), helps maintain their performance and delays fatigue.

Suitable drinks include:

- Squash (diluted at least 1 to 6) - regular or 'high juice' squash
- Diluted fruit juice (diluted at least 1 to 1)
- Isotonic sports drinks (expensive and not really necessary!)
- Water - plus a snack (see below)

Mid-training snacks:

- A banana
- A cereal or granola bar
- A handful (40 - 50g) of raisins or other dried fruit

These foods should be accompanied by a drink of water!

Avoid the following (they are too concentrated in sugars and lack useful nutrients):

- Sweets
- Jelly cubes or jelly sweets
- 'Energy' tablets or glucose tablets
- Energy drinks

After training

Re-hydrate: drink straight away (water or diluted juice)

Refuel: carb & protein snack within 30 min

- 500 ml milk, milk shake or flavoured milk
- One banana plus a handful of nuts
- 2 pots (2 x 150g) of fruit yoghurt
- One cereal bar plus 1 pot of fruit yoghurt
- Wholemeal sandwich or toast with peanut butter or cheese

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