



NUTRITION FOR WSY COMPETITIVE SWIMMING

This guide will give you some guidelines to following when eating before, during, and after the meet. Nutrition Timing takes some practice an experimenting. In order to ensure that your body has the right levels of fuel, you need to plan in advance what and when you will eat for training and during the meet.

Every Day Balance is the key.

Basic Nutritional Advice:

- Do NOT Skip Meals
- Eat at Regular Intervals
- Regular Meals = Nutrients
- Check Food Labels
- Hint: Eat your fruit, do not drink it.
- Drop the Fast-Food Habit
- Want kids to eat? Let them prepare their own food.

Hydration

- The single most influential nutrient for sports performance.
- Avoid chugging water. Ongoing Sips. Drink water like it is your job.
- Dehydration can reduce the body's capacity to do work by about 30%.
- The most accurate assessment for hydration status is the color of your urine.
 - Dehydrated = Color of Apple Juice, Iced Tea, Small Volume
- Training / Races:
- Up to 1 hour = Water is fine
- > Hour = Sports drink, but alternate with water, need sodium to draw fluids into the body
- Avoid Juices, Soft Drinks, Energy Drinks.
- Recovery Beverages do NOT Rehydrate.

Nutrient Timing

- Why? Energy, Training, Immune System, Injury Prevention
- 3 Phases
 1. The Workout (Energy)
 2. After a Workout (45 min. Window)
 3. 4 Hours after a Workout (Growth)
- Basic Strategies
 1. Aim for Consistency
 2. Go for Quality
 3. Tune into Timing



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TRAINING NUTRITION

- Appetites are thrown off.
- Carbohydrates = FUEL. Primary source.
- Make most of your carbohydrates “complex” outside of workouts. Fiber.
 - 1-2 Prior to a Workout; After a workout
 - Legumes (lentils, beans, peas), Whole Grains (oats, brown rice, whole grain breads), Fruits & Vegetables.

Eat a small amount of *Simple* carbs directly before, during and directly after workouts.

- Provides a quick, easy-to-burn fuel for our muscles.
- Simple sugars are important directly after a workout due to the insulin response. Other examples include pretzels, honey, and fruits.
- Fructose by itself – Be careful. A mixture of sugars is best.
- Strive for a 3-4:1 Carb-to-Protein ratio after a workout.

A Little Protein before a workout goes a long way (Builds and Repairs Muscle)

- Prevents hunger during training.

Fat – Decrease around Training

Good fats fish oils, nut butters, almonds, walnuts, brazils, and avocado before and after a workout. Aim to lower the amount of saturated and trans-fat in diet as these slow the body down and prevent it working to its maximum during training.

Evening Training. Breakfast and Lunch = Absolute MUST.

Extra Meals / Snacks

- Need Extra Calories & Growth Spurts
- Rotate These Meal Ideas: Leftovers, Breakfast foods, Sandwiches, Soups, Baked Potatoes

After Workouts – Get back to Complex Carbs



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COMPETITION

Test foods around workouts and No New Foods

PRE-MEET

The pre-meet meal begins 24-48 hours before. Energy that will be used during the races should already be stored in the muscles from nutrient rich.

Night before – Balanced Dinner, Carbs = 3/4 of the plate (Grains, Fruits, Veggies)

MEET DAY

Goals: Hydrate & Keep Sugar Levels Stable – Carbs.

Breakfast – 3-4 hours Prior to 1st event,

TIP: Practice getting up early and eat

GOOD EATS BEFORE THE MEET (Eaten 2-4 before 1st Race)

Should be high in complex carbohydrates and low in fat, Decrease fiber, and small protein.

Cereal, Toast, Bagel, Pancakes, Juice, Fruit

AVOID processed sugars and “Energy” drinks

DURING THE MEET

- Drink plenty of fluids
- Eat tiny amounts of carbohydrate-rich foods.
- Less than an hour between events: stick to water, diluted sports drinks and fruit juices, part of a high carbohydrate energy bar, fruit, or a few lo-fat crackers.
- 2-4 hours between events: Eat something more substantial such as a bagel, toast, fruit and granola bars, or dry cereal.
- After Each Event – Be Prepared, Rehydrate, Carbs
- Between Races - Easily Digested (Honey, White Bread, Jellybeans, Apple Sauce, etc....)

Avoid anything that has too much fat, fiber, or protein as these nutrients slow down digestion.

EATS DURING THE MEET

Cup–o–soup, Dry Cereal, Fruit & Fruit Juices (Diluted), Fruit Smoothies (Small and avoid sugar filled), Breads, bagels, muffins, Oatmeal in a cup, Pretzels, Sandwiches of turkey or other low-fat meat, Trail Mix, Vegetables, Yogurt

Do not rely on concession stands at swim meets to provide you with food during the meet. They often do not provide very nutritious selections. AVOID processed sugars and “Energy” drinks.



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RECOVERY NUTRITION

AT THE MEET

To maximize the impact of these “recovery foods” they need to be eaten or drunk as soon as possible after racing in small amount! Do not fill yourself up!

FOODS THAT AID IN A RECOVERY NUTRITION PROGRAM BETWEEN RACES INCLUDE

Fruit, Fruit Smoothies, Dried Fruits, Chocolate Milk, Sports Drinks
Remember: Recovery drinks do not hydrate.

RECOVERY AFTER PRACTICE – The 1st 30 Min. is Critical. Within 2 hours eat again (Meal)

- Pretzels, Fruits, Nuts, Any Snack
- Chocolate Milk is an excellent choice
- Sports Drinks could be used if workout is 90 Min. or more
- NO Energy Drinks

AFTER THE MEET

EATS AFTER THE MEET

Spaghetti with Meat Sauce, Bean Burritos with rice, Low-fat beef or chicken with potatoes or rice, Milk, Yogurt, Fruit & Vegetables, Chocolate Milk

FINAL NOTES

It is important to eat balanced meals outside of the pool. Eat twice as many veggies than fruit, and protein with each meal. Complex carbs are king.

Although simple carbs are used for training and at meet times, they should be extremely limited outside of the pool. Simple Carb “stacking” should never be a strategy at any time.

Educating the swimmers is KEY, and it all starts with the parents, peers, and coaches to be good examples.

Feel free to contact me with any questions.

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