

# WHAT TO EAT POST-SWIM

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# POST-SWIM NUTRITION INTRO

Competitive swimmers should maintain a high meal frequency and hydrate regularly throughout the day.

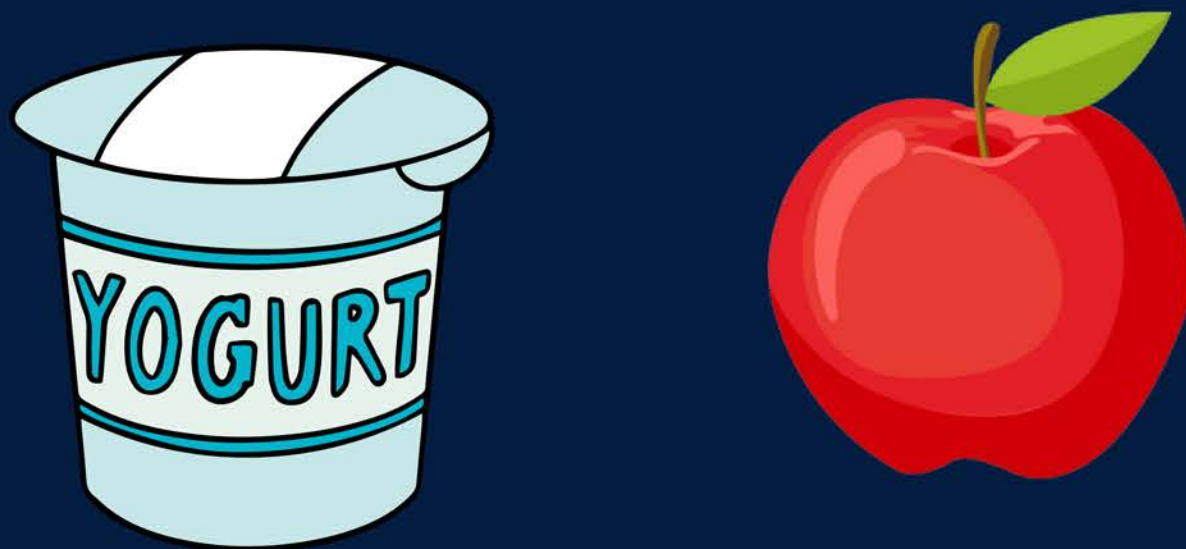
For development swimmers swimming 3-4 times per week, there's no need to overly focus on a specific post-swim snack, but eat if you're hungry.

Planning to have a full meal less than 30 minutes after practice? There's likely no need to have an extra snack between practice and your meal.



# POST-PRACTICE NUTRITION GUIDE

Include protein and carbs in your post-swim snack.



## Two workouts per day?

After your morning swim, have a meal or a large snack promptly to optimize recovery and prepare to swim fast at your next session.

On the go? Grab a large, protein-rich smoothie with plenty of fruits or a breakfast sandwich with fruit to take to school!





# PROTEIN-RICH BREAKFAST

## WITHOUT TRAINING

Without training, choose a mix of fruit, whole grains and bread, and protein like greek yogurt. The Athlete's Plate<sup>®</sup> model is a good reference point to help you prepare balanced meals.

## WITH TRAINING

When training, have protein and carbs both before and after morning practice.



# DO YOU HAVE MORE QUESTIONS?

Visit Emilie's website  
and reach out to book  
an appointment.

[ecrnutrition.com/en/](https://ecrnutrition.com/en/)

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