



Eating Right, Swimming Faster Session 2

First, I'd like to start off by stating I am not a Doctor, Registered Dietician or a nutritionist. I am a swim Coach bringing awareness to the benefits of fueling for a competitive swimmer. My Primary goal here is to inform you, the parents on the needs of fueling as you are the front line to the athlete. It all starts at home. When the parent's buy in then the athlete will buy in.

Athletes need carbs, do not let the latest diet craze influence the way your athlete is fueled. You are dealing with an athlete who is NOT just a normal non-athletic individual. Your Athletes must understand this. The work starts at the dinner table. Your dinner table.

Getting your nutrition right is key for athletic success. The right meal and the right snack choices every day will significantly improve your athlete's performance in training and competition. The benefits look like:

- Train harder for longer
- Recover quicker between training sessions
- Race faster at competition

Not only that, but you will stay healthier throughout the season, which means fewer training days and competitions missed through sickness. I see this happen all the time with athletes not fueling properly and trying to meet the demands of training.

Managing the demands of fueling Pre, During and Post training

Pre Training: 3-4 hours

The ideal pre-workout fueling includes both a **full meal** 3-4 hours (school lunch time) before practice and a snack or “**top-off**” about **30-45 minutes after school driving to pool**. **Carbohydrates** that provide quick, easily digested energy for pre workout meals are listed below.

Suggestion pre make in a zip lock or pre packaged:

1. A full bagel sandwich with turkey or chicken
2. A wheat bread sandwich with turkey or chicken
3. Honey stinger snack
4. Low fat yougurt
5. Carb rich fruits
6. A sports drink
7. Dry cheerios in a bag

An ideal meal includes:

1. Mostly **starchy carbs** (bread, rice, pasta, potatoes)
2. **Carb** rich fruits and veggies of all colors (avoid salad and raw vegetables)
3. Small serving of lean protein – chicken, turkey, eggs, beans, low fat dairy
4. Fluids (water or sports drink with minimal caffeine)
5. Salty foods (pretzels, trail mix, etc)
6. Honey Stingers pre workout

Pre training **AVOID:**

- Foods you haven't tried before
- Cream based sauces and soups
- High fat meats
- Fried foods
- Spicy foods
- High sugar items such as soda or sweets

Pre-workout Fuel	
<i>Breakfast Ideas:</i>	<i>Lunch and Dinner Ideas</i>
<ul style="list-style-type: none"> ● Cereals (hot and cold) ● Fruit and fruit juice ● English muffins, toast, bagels ● Tortillas ● Granola or cereal bars ● Pancakes, waffles, French toast ● Smoothies ● Skim or low-fat milk ● Low-fat yogurt ● Sports drinks ● Energy bars, gels, chews 	<ul style="list-style-type: none"> ● Breads, bagels, English muffins, tortillas ● Baked potatoes or sweet potatoes ● Rice ● Spaghetti with tomato based sauce ● Macaroni and cheese ● Broth based soups (i.e. vegetable, chicken noodle) ● Fruit, fruit juice, frozen fruit pops ● Smoothies ● Sports drinks ● Energy bars, gels, chews
<p><i>Have smaller portions of:</i> Eggs; nuts and peanut butter; lean meats such as chicken, ham, or turkey; low fat breakfast sausage or bacon; supplements with >5g protein per svg.</p>	<p><i>Have smaller portions of:</i> Nuts and peanut butter; lean meats such as chicken, turkey, beef, or fish; tofu; soy; supplements with >5g protein per svg.</p>

Pre Training: 30-45mins

This part of fueling can be tricky as most swimmers want to come on an empty stomach because the way it makes them feel if they eat. However, it is important to fuel 30-45 minutes pre training to educate the stomach. At practices, this is where we learn, where we develop successful fueling habits.

Why do we need to do this? Because, there is going to be many meets where the athlete needs to fuel between races and sometimes this is only 30- 40 minutes. The goal is the athlete is aware and prepared for this.

This 30-45 min out fueling its important to remember that perception is everything. If you put a full bagel, or sandwich, or yogurt and fruit with a drink in front of your athlete they are most likely going to turn away. **This is why its important to cut things in quarters and pre ziplock it.** Get into the habit of presenting this meal as something small. If we can get 20-30g of carbs in is better then zero.

Suggestions:

1. A honey stinger- pre work
2. Tetra chocolate milk one for before and after
3. Granola bars and a banana
4. Dry Cheerios in a bag or other cereal
5. Apple slices in a baggie
6. Raisins pre boxed

During Training:

Recovery begins the minute you start working out. ***During practice you are constantly burning fuel. In order to be at your best through a two hour long workout and especially when doing doubles, you need to be fueling carbohydrates during practice.*** You have to train your body to do this, its not always easy! And, the Coach needs to make a spot of time each practice to fuel between sets. Which we will do when athletes are actually prepared with fuel.

Suggestions:

1. Body Armor- this sports drink will provide 29G of carbs
2. Gatorlyte- this will provide 14 g of carbs and helps with rehydration as well as electrolytes for muscle firing.
3. Prepackaged granola bar
4. Baggie of dry cereal
5. Propel waters- this will not provide carbohydrates to fuel but it does offer sodium and electrolytes.

The lease thing we can do to prepare our athlete for a successful practice is

1. A bottle of water
2. Nothing

Post Training: Within 30 Minutes

Begin recovery ***within 30-45 minutes*** after practice or competition followed by a meal within 2 hours.

Your post workout snack should include carbohydrate and protein in a **3:1 carb to protein ratio** (3 grams of carbohydrate for every 1 gram of protein).

1. Tetra boxes of Chocolate milk check this box perfectly

Recovery tips to take with you

Plan Ahead. Keep a variety of nutritious ready-to-eat snacks in your swim bag or car, such as whole-grain crackers, Honey Stingers post training, granola bars, etc.

The higher the volume and intensity of a workout the more fuel you need to recover with. That being said, you don't have to replace *every* calorie you burn.

Provide protein to aid in repair of damaged muscle tissue and to stimulate development of new tissue. **More is not better**, so shoot for 20-40 grams of protein in your recovery snacks and meals.

1. Hard boiled eggs
2. Cottage cheese
3. Greek yogurt
4. String cheese
5. Nuts

Managing the fueling for a two a day session

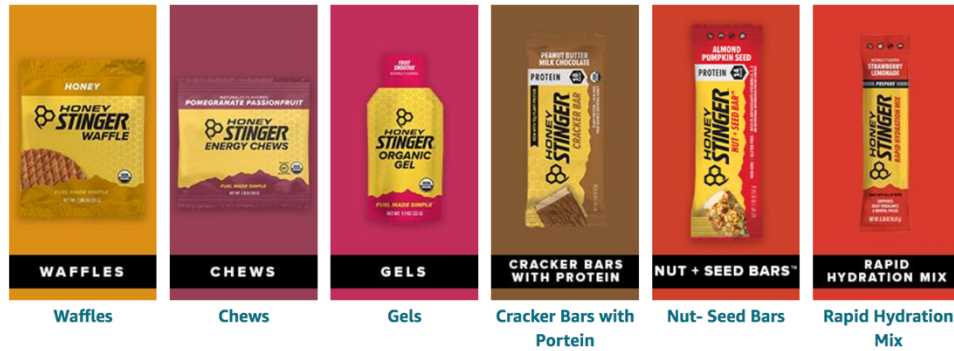
AM Session Quick Fuel:

For swimmers, it's much more challenging to fuel ourselves because sometimes practice begins at 6am. If you have an early workout the best thing we can do is provide the body with quick energy as soon as we wake up for a workout. Sometimes this means waking up a few minutes early to make what we need. **Carbohydrates that provide quick, easily digested energy for pre workout meals are listed below.**

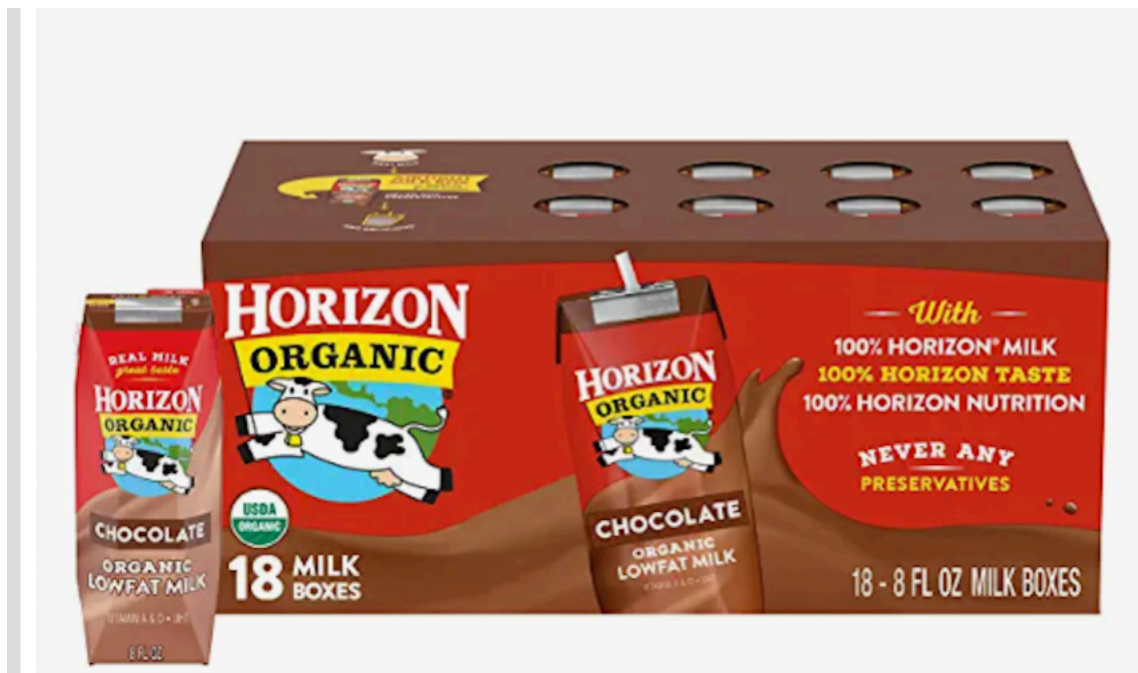
Suggestions:

6. Premade pancakes in a zip lock bag and a banana
7. Premade Quarter of a bagel (no cream cheeses) in zip lock bag and a sports drink
8. A honey stinger
9. Tetra chocolate milk one for before and after
10. Granola and banana
11. Dry Cheerios or other Cereal
12. Apple slices in a bag

A guide to foods that meet the demand



When to Use	Prepare * Perform: Before and during activity	Prepare * Perform: Before and during activity	Perform: During Activity	Recover: After activity	Recover: After activity	Prepare, Perform & Recover: Varieties specialized for each phase of activity
Calories per Serving	140-160	100-156	90-100	280-290	260	35-50
Carbs per Serving	19-21g	23-37g	24g	27g	21g	8-14g
U.S.D.A Organic	✓	Options available	Options available	✓		
Non-GMO	✓	✓	✓	✓	✓	✓
Gluten-Free	*Options Available	✓	✓		✓	✓
Dairy-Free Ingredients	✓	✓	✓	Options available		✓
Nut-Free Ingredients	✓	✓	✓			✓



The Importance of working through Pre & During Fueling

Pre:

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In closing:

I highly suggest you go to Amazon and purchase Abbi Knox RD book titled EAT RIGHT SWIM FASTER

