

EAT WELL TO SWIM FAST

with Nutrition & Fitness Coach Mistie Cottrill

"If you want to be the best, you have to do things that other people aren't willing to do." Michael Phelps

CONGRATULATIONS

You are a swimmer! Your commitment in the pool is extraordinary. You wake up early, work hard, and swim late. You plan your life around swim practices and sleep. You need to make the same commitment outside of the pool to perform your best and recover from all that hard work. What you do with nutrition matters and can make you **FASTER!** I will teach you how to **EAT WELL to SWIM FAST!**



THE BASICS - FUEL YOUR BODY FOR LIFE

NUTRITION: The process in which we obtain the necessary amount of food for growth and health.

PROTEIN - Helps fuel Muscle Recovery - 3-5 servings a day (size of deck of cards, 2 eggs, 4 slices deli meat, 1 cup yogurt)

CARBOHYDRATES - Fuel Energy - 4-6 Servings a day (1/2 Cup, 1 tortilla, 1 slice bread)

FRUIT & VEGETABLES - Promote overall wellness - Vitamins and Minerals contribute to Bone and Muscle Health - ENJOY!

HEALTHY FATS - Help you feel full and fueled. Trade empty processed grains and sugar for quality fats like Hummus, Avocado, Almonds, Peanuts, and Nut Butters, and you'll feel great even if you don't eat 15,000 calories every day.

WATER - Hydration plays a massive role in performance - drink water all day long!

WHAT SHOULD I EAT BEFORE PRACTICE?

This decision can be very tricky for swimmers. Pre-morning practice appetites are often low. It can also be tough to digest food and feel sick while swimming. The ideal is to eat a healthy meal 1-2 hours before a training session, focusing on Protein, Veggies & Complex Carbohydrates. For morning practice this may not be possible, so your evening meal is VERY important--it is the fuel you will use for morning practice.

Similarly, if you train after school, your lunch is your pre swim meal. What you eat in the car on the way to the pool should be something easy to digest, packed with nutrients, and used to curb hunger. For example, a Banana and Peanut Butter Toast, or a Whole Wheat Bagel with Cream Cheese is a good choice. You might also try a Hard Boiled Egg and Carrot Sticks, Yogurt with Granola, or a Granola Bar.



WHAT SHOULD I EAT AFTER PRACTICE

This is your **RECOVERY** Meal and it is the most important meal of the day! This meal should be consumed 30-60 min after your session. The purpose of your recovery meal is to jump-start the muscle repair processes and replenish your fuel tank so you're ready for your next session. Your post-workout meal should focus on lean protein, complex carbohydrates, and ideally veggies. Protein is specifically important at this meal because muscles are very receptive to fuel shortly after a workout and repairing them quickly helps you train hard at your next session in return helps you get **FASTER!!!** Ex. Chicken Breast -Sweet Potatoes -Broccoli, Egg Sandwich, Protein Muffins,



WHAT SHOULD I DRINK

Ideally you should drink water all day long...the rule of thumb is if you feel thirsty drink water! Plain Water is best pool side for your swim sessions. There is a time and place for Energy Drinks and Sports Drinks but they are not necessary for daily hydration. Not all sports drinks are created equal many of them are full of sugar so be careful what you choose. Energy drinks and preworkout drinks can be used if used effectively and if are safe. Consult with parents and doctors.



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SWIM FAST ON RACE DAY

with Nutrition & Fitness Coach Mistie Cottrill

YOU WILL LOVE WHO YOU BECOME ON THE PATH TO YOUR GOALS

IT'S RACE DAY

It is your first big meet of the season. You have been training hard and can't wait to see your hard work pay off. Swim Meets can be **LONG** days with lots of races over many hours. How do you eat, how do you recover, how do you rest, how do you stay energized? It is different for each individual, but the key is to take steps that keep you hydrated and fueled.



STEP 1 - DINNER AND SLEEP THE NIGHT BEFORE A MEET

The key to a successful swim meet is in what you do the night before. Getting a good night's sleep of 8+ hours will help you keep energized for your long day of competition tomorrow. Your dinner the night before is critical. Instead of carb loading you need to have a healthy mix of Protein, Complex Carbs, Veggies, Fruit and Healthy Fats. Grilled Chicken, Whole wheat Pasta, Green Beans and a Fruit Bowl make a great dinner. Keep the treats, sweets and junk for after the meet, especially foods high in salt like pizza, chips, french fries, and candy; these foods lack nutrition and may cause you to sleep poorly.

STEP 2 - BREAKFAST ON RACE DAY

It is essential to wake up early enough to have a big breakfast with enough time to digest it. You should strive to eat a good breakfast 1.5 to 2 hours before your first race. This will give you plenty of time to digest the right foods and store them to use as fuel. Make this meal high in Protein and Complex carbs.

Oatmeal with blueberries or sliced banana and 2 hard boiled eggs
Plain Greek yogurt with Granola and Fruit
Eggs, Spinach, Sweet Potato Hash
Wholegrain Bagel with Cream Cheese, Deli Meat and a Cup of Berries
Protein Shake - Vegan Protein Powder, Fruit, Milk
Wholegrain Pancakes with fruit, Eggs and Bacon



STEP 3 - RACE, FUEL, REPEAT

One of the biggest mistakes swimmers make at meets is eating too much by **SNACKING** all day long. A swimmer burns less calories on swim meet days than they do in a typical training session. It is important to eat food for recovery, and to drink and stay hydrated, but swimmers don't need massive amounts of food for a meet. A simple school lunch box should provide enough food for a full day at a meet. Because timing is important, swimmers should eat right after a race to digest before the next race, then eat a bigger snack when there is a planned lunch break,

Example: Ham Sandwich, Banana, Bag of grapes, Yogurt Drink, Bag of Goldfish Crackers, Dried fruit (mango or apricots), 2 Protein Balls, Bag of carrot sticks, 1 bottle of water and 1 bottle of sports drink.

STEP 4 - REST, REPEAT

A typical swim meet can last 5-8 hours and swimmers can have hours between events. During this time swimmers should keep warm, stay off their feet and rest. Music and Reading are great options and cheering for team mates is also **FUN!!** Typically sitting and playing video games is not a good use of energy. Too much screen time makes it easy to miss events and can drain the energy out of swimmers, making them feel lethargic. Consider limiting screen time at meets in favor of old-fashioned rest.



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