

# Performance Fueling Tips

for swimmers

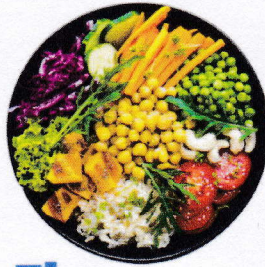


Tip

1

## EAT ENOUGH

Aim for 3 meals and 1-2 snacks per day. Ideally, you shouldn't go more than 4 hours without fueling. Eating every 3-4 hours will help keep energy levels up to avoid hunger.



Tip

2

## ADJUST YOUR PLATE

Adjust carbohydrates, protein, fruit, and vegetables to provide optimal energy for practices using the athletes plate as a guide. On rest days you may find that you are hungrier - honor that!



Tip

3

## STAY HYDRATED

Aim to drink at least half your body weight in ounces daily. Hydration is important for keeping the body cool and helping you perform your best. Beverages and foods like fruits and veggies help contribute to fluid intake.



Tip

4

## RECOVERY NUTRITION

Aim for *at least* 15g protein and 50g carbohydrate. Post workout meals/ snacks (consumed within 30 minutes) are important for refueling, repairing muscle, and rehydrating so you can recover for your next practice.



Tip

5

## PLAN AHEAD

Pack non-perishable snacks in your backpack and always carry a water bottle. Performance nutrition requires planning to be successful. "Fail to plan, and plan to fail"

