

Athlete Council Nutrition and Recovery Meet Health Plan*

- **Two-three days before**
 - Dynamic stretching
 - [Consume proper amount of carbs](#)**
 - Get normal sleep
 - Purpose: Start preparing body for upcoming meet
- **One day before**
 - Eat carb-rich food for dinner (*such as pasta, rice, etc.*)
 - Hydrate with more than just water
 - Do what helps you prepare to race
 - Purpose: Top off energy stores
- **Day of meet** (*What your body needs, don't change too much and shock your body significantly prior to swimming*)
 - Carbs + Proteins
 - Example Breakfast: Eggs and toast, yogurt and granola, etc.
 - Purpose: Wake up, boost energy during meet, less than an hour before an event
 - Stay hydrated and keep up with electrolytes
 - Energy bars/drinks, bananas. fruits
- **Day after**
 - Eat, Drink, and Eat and Drink more
 - Recovery foods such as low-fat chocolate milk, yogurt, etc.
 - Static and dynamic stretching
 - Purpose: Repair muscles, restore energy
- **Two-three days after**
 - Begin normal workout regime again
 - Plate should have mostly carbohydrates, half protein
 - Purpose: finish recovery and be back to normal

*Note: The above recommendations are catered towards helping all athletes, but everyone is built differently, so treat your body how you know best, while taking into consideration the information given. Sleep and food can vary by person. The recommendations are designed to help improve your ability, but keep in mind, don't change so much of your routine that you throw your body out of balance or rhythm.

**<https://www.usopc.org/nutrition>