

Pre-Race Snack Recommendations:

- Pretzels (snack size bag)
- Honey Stinger Waffles
- Honey Stinger Gels
- Honey Stinger Chews
- Pickle Juice (recommend only 1, mostly for cramps or very quick electrolytes)
- Goldfish (small snack size bag)

*All snacks mentioned above are intended to have in smaller amounts, not having an overwhelming amount that would cause swimmers to have a hard time digesting in time before races. Snacks like these should be consumed around 30-45 minutes before race to allow proper digestion.

Post-Race/Session Snack Recommendations:

- Kinera protein shake
- Cliff Builders protein bars
- Gatorade protein bars
- Orgain protein shake
- Core Life protein shake

*These are recommended as options in between sessions such as prelims to finals, especially if there is not enough time to eat a full meal between the sessions. Larger/full meals are recommended 3.5-4 hours before activity/next race.

Additional Recommendations:

Recommend staying away from highly caffeinated drinks, especially if the athlete is not used to consuming them. Hydration hydration hydration is KEY!! Make sure to be drinking lots of water at all times, especially the night before and in between sessions. The best muscle recovery comes from having hydrated muscles. Think of your muscles like a steak; if you punch the steak the steak will bounce back since it's hydrated, but if you try to punch a piece of beef jerky it will not bounce back because it is severely dehydrated. Gatorade/powerade is good to have in moderation. Recommend the normal/full sugar electrolyte drinks over the zero sugar, will not be as effective in electrolyte recovery.