

NUTRITION DURING THE OFF-SEASON

Off-season, even if just for a few weeks, is a good time to rest and recover. Eating well during this time can help your body repair and rebuild from hard training. Here are a couple of great resources on nutrition during the off-season:

Check out the USOC's [Athlete Plates- Easy Day](#). The [USOC's Nutritional Guidelines](#) site is a great resource for all things sports nutrition!

From USA Swimming - [TOP TIPS FOR EATING DURING THE OFF-SEASON](#)

The Take-Away:

- Down size portions and numbers of servings
- Stay balanced
 - ½ plate of vegetables and fruit
 - ¼ plate of whole grains
 - ¼ plate of lean protein
 - ... Sound familiar? 😊
- stay hydrated

Enjoy your break!