

FUEL – Swim training requires a diet that is high in carbohydrates to fuel sessions in the pool and on land to maximise performance, prevent early fatigue and aid recovery between sessions.

HYDRATION - Aiming to stay hydrated will help you to keep up your concentration, co- ordination and stop you from tiring out early in your training session. Fluids can also be a valid fuel source when consumed around and during your training.

Eating regular meals and snacks based on carbohydrate foods and drinking regularly throughout the day, particularly at key times before, during and after your training session is important to help you get the most out of your training, for optimal performance and health.

Below is a guide to help you devise your own nutrition plan to suit your individual training schedules (Snack and meal examples are not exhaustive).

Before AM Breakfast Pre – Training (Aim for 1 hour before)

- Toast /bagel + jam/honey/well ripened banana
- Cereal with semi skimmed milk + glass of fruit juice
- Cereal bar + 200g pot of low fat fruit yoghurt + piece of fruit/handful of dried fruit
- Drinking yoghurt, low fat milkshake, smoothie, cereal bars, banana, carton of fruit juice, milk, fruit flavoured yoghurt are all ideal options if eating on the go on the way to the pool or if you struggle to eat early in the morning. Have ~ 2 glass (~500ml) of fluid e.g. water, diluting juice, fruit juice, milk, tea, coffee all contribute towards your fluid requirements.

During Training

Keep a sports bottle by the side of the pool and drink between sets or in rest periods. Ideally drink regularly have a few mouthfuls every ~15-20 minutes. Choose a Sports drink if the workout is of a high intensity (strenuous) or lasts longer than 1 hour e.g. Lucozade sport, Powerade, SIS go, high 5. Water or squash are suitable if it is an easy workout or less than 1 hour.

Post Training Second Breakfast/Snacks

- Toast/bagel/rolls/savoury muffins with Jam/honey/banana/beans/scrambled or poached eggs.
- Generous bowl of cereal/porridge with semi skimmed milk + banana and/or low fat yoghurt Include a glass of fruit juice or fruit e.g. dried, tinned or fresh.
- Drink ~ 500ml fluid e.g. water, diluting juice, fruit juice, milk, tea, all contribute towards your fluid requirements.

EAT AS SOON AS POSSIBLE AFTER TRAINING FINISHES!

Lunch - Options

- Sandwich/Rolls/Wraps/Pitta breads etc with low fat protein filling e.g. chicken, turkey, tuna, ham, hummus etc.
- Baked Potato + beans/chilli/cottage cheese/tinned tuna or salmon.
- Pasta or rice salad with protein e.g. chicken, beans and pulses, prawns etc.
- Soup with sandwich.
- Drink ~500ml of fluid e.g. as previous.

Before PM Training

Have a light snack before training if it has been longer than 2 hours since your last meal e.g. Sports drink, cereal bar e.g. nutigrain bar ,fruit n fibre, muesli bar, go ahead or raisin bread, banana, fig rolls or jaffa cakes, hot cross bun/crumpet/scone or pancake with jam, small bowl of cereal, toast with jam, glass of milk, carton of fruit juice. Have a drink with your snack.

After PM Training Recovery Snack

It is important to start refuelling and rehydrating as soon as possible after training to help improve your performance and replace energy and fluid levels ready for your next training session.

One of the above snacks can be chosen to eat immediately after training and then have a more substantial protein containing snack within 2 hours (see below for examples) or your next meal based on carbohydrate foods and include a source of protein (see meal examples).

For those training twice a day eat a snack immediately after training (as above) and for every hour until your next session see below (A light meal as per lunch/breakfast suggestions can be included in this time). Remember also to drink regularly and with each snack.

Low fat yoghurt + banana, Pancake + glass of milk, Large bowl of cereal + low fat milk, Tuna/ ham sandwich, Scrambled or poached eggs on toast, Lucozade sport recovery drink, yoghurt drink, pot of low fat custard or rice pudding.

IF ENERGY AND FLUID LEVELS ARE NOT REPLACED THIS WILL HAVE A NEGATIVE IMPACT ON YOUR NEXT PERFORMANCE!!!

EXAMPLE MENU: Based on 2 training sessions per day 1 early morning pool session and 1 evening pool session/land based training.

AM Training Breakfast	(Eaten in the car on the way to training)	Banana + Smoothie, Squash
During Training		Sports drink
Post training/ Breakfast	(As soon as possible after training)	Large bowl of cereal + glass of fruit juice + low fat yoghurt + water
Mid morning snack		Pancakes + jam + glass of milk
Lunch		Soup + tuna and sweetcorn sandwiches + pot of low fat rice
Mid Afternoon		Pudding Cereal bar + piece of fruit + squash
PM Pre Evening Training		Fruit loaf + squash
Snack During Training		Sports Drink
Post Training	(within 30 minutes)	Fig rolls + water
Evening meal	(within 2 hours)	Chicken and vegetable stir fry with rice, low fat rice pudding