

# Chesterfield Swim Squad



## Training Nutrition Guide

The main source of energy during training is derived from carbohydrate, therefore, it is not surprising that high carbohydrate meals and drinks are essential to provide energy and facilitate recovery.

### 30 Minute Rule

Swimmers must eat 50 - 100 grams of carbohydrate\*, whilst keeping fat ingestion low, as soon as training finishes, and definitely within the first 30 minutes after training.

The following are examples of appropriate snack foods and their approximate carbohydrate content:

An apple, orange or banana	15-20g	Muller Rice	20g
Nutrigrain Elevenses bar	25-30g	Fruit Shake or Smoothie	25-30g
1 thick Jam or Honey sandwich (no or minimal butter):	50g		
Malt Loaf (Soreen):	18g per eighth of a loaf		
Fig Rolls:	13g per biscuit		

Other excellent snacks: Rice cakes, dried fruit

\*After high intensity training it may be appropriate to ingest protein mixed with high carbohydrate. This may be achieved using known brand formulated drinks.

### Morning Training:

Have a snack item (examples above) with fruit juice 30 minutes before training with breakfast after training.

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## Competition Nutrition Guide

### Guidelines for event meals:

**Before a race:** High Carbohydrate/Low Fat meal 2-4 hours before the race. Suitable foods include: breakfast cereals, porridge, bread, rolls, toast, fruit juice, fruit, rice cakes, plain crackers, boiled rice, potatoes, boiled pasta, dried fruit, oatmeal, biscuits, plain wholemeal biscuits, muffins and carbohydrate drinks. These are all examples of complex carbohydrates as these release energy slowly. Avoid simple carbohydrates (the sugars) as these release energy quickly but trigger the release of insulin, which can have a negative impact on performance. A small snack (examples above) may be eaten 30 minutes prior to the race.

**If the interval between races is less than 30 minutes:** Swimmers should drink fluids/juices or a sport drink.

**If the interval between races is up to 1 hour:** Swimmers should have a snack from the list above, with plenty of fluid, up to 30 minutes before the next race.

**If the interval is 1 to 2 hours:** Swimmers should have a small high carbohydrate/low fat meal.

**If the rest period between races is longer:** Swimmers should have a substantial meal no later than 2 hours before the next race (see before a race).

**Important:** As water is stored with carbohydrate it is essential that substantial amounts of fluid is drunk with meals and snacks.