

Chesterfield S.C. - Swimmers Eating tips

Night before

- Don't overeat, you can't carb load! It simply doesn't work.
- Eat carbohydrates and avoid fat at all costs.
- Fat will slow down digestion and so prevent carbohydrates being able to top up glycogen stores. Glycogen is your energy!

Pre Competition and competition

- High Carbs again, no fat, no fibre or bulky foods.
- It takes 3-4 hours to digest a large meal and 1-2 hours to digest a small snack. I don't understand why swimmers need to eat 10-20 minutes before they race, as this serves absolutely no purpose whatsoever.
- If there is less than 1 hour between races your choices are limited to drinks with supplements, High 5 or similar in drinks bottles at all times are recommended to swimmers.
- More than 3 races in one day will deplete glycogen levels and these will need to be replaced.
- As soon as you have raced refuel, not before you race.

Absolute no no's up to one day before and during competition

Do not eat crisps they are the worst possible preparation

Do not eat chips, burgers or any fat

Do not eat chocolate in any form, 1-2% drop off in speed.

Do not drink fizzy drinks, including so called "isotonic drinks" which are a con.