

Mighty Marlin's Nutrition Guide

For

Training / Swim Meets / Life

(Note: Source - Nutrition for Swimmers, by: Ernie Maglischo)
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The key element for training and performing well in meets is to maintain a high level of glycogen in your muscles so it can be utilized during a race.

Training

These guidelines pertain to swimmers during a training period of weeks or months, and are more important the more hours you train.

Most athletes should not diet while training. They should eat when they are hungry, so they can maintain an adequate energy supply and train with sufficient intensity from day to day.

Ratio of types of foods:

60-70% Carbohydrates (Complex-breads, fruits, cereal, pasta)

15-20% Fats

10-15% Protein

Supplements: A daily supplement that supplies 50-100% of the RDA's for all vitamins and minerals is safe and prudent as a safeguard against possible deficiencies.

Dietary Practices to Improve Training:

- 1.) Snack between meals
Complex or starchy forms of carbohydrate from fruits, fruit juices, cereals, and grains are the preferred food for pre-training snacks
- 2.) Eat carbohydrates immediately after a training session
- 3.) Consume a high carbohydrate drink during a long practice

You must drink plenty of water along with high carbohydrate drinks.

Experiment until you find a combination, or type of beverage that helps you keep your energy up during practice and that does not upset your stomach.

Swim Meets

Key: Come prepared-Don't rely on "food for sale" choices at the meet, or on the road.

Eating a high carbohydrate diet for 3 days prior to competition will help muscles store glycogen.

Pre-Meet Meal:

- Small & easily digested (600-800 calories)
- Mostly carbohydrates
- 3 hours before competition
- Small meals and liquid supplements can be consumed closer to the competition

During Meet Food Consumption:

- 1.) When events are less than 1 hour apart: Swimmers may drink a high carbohydrate drink immediately after the first event but stop drinking 15-30 minutes prior to the next race.
- 2.) When 1-2 hours apart: Swimmers may eat a high carbohydrate food, or drink a high carbohydrate drink immediately after the first event but stop drinking 15-30 minutes prior to the next race.
- 3.) Between prelims and finals: As soon as possible after prelims eat a small to medium high carbohydrate meal to replace muscle glycogen. Continue to drink water or high carbohydrate drinks in the time between prelims and finals.
- 4.) After competition or between day 1 & 2: As quickly as possible after the last race of the day eat a moderate size high carbohydrate meal. High carbohydrate snacks throughout the evening would be fine.

Carbohydrates taken immediately after a competition, is the best way to replenish muscle glycogen.

Have a high carbohydrate snack ready for consumption after a distance event (500, 1000, 1650) particularly if it is at the end of a session.

Life

Eating on the Road:

- 1.) Breakfast: Choose pancakes, cereal and fruit. Avoid high fat egg McMuffins.
- 2.) Lunch: Choose sandwiches with turkey or chicken. Avoid hamburgers and fried food
- 3.) Dinner: Plainly prepared meat poultry or fish. Potatoes bread and pasta are great. Avoid fat and fried foods and limit deserts.