



BEXLEY Swimming Club

Registered Charity No: 1156407

Nutrition – Guidance for Swimmers

Eating & Drinking To Train:

Eating the right foods will help you to perform at your best. What, how much and when you eat will have a big impact on your health, energy and performance.

Before training

- Eat a meal 1–3 hours before training; accompany with a drink of water.
- Jacket potato with cheese, tuna or baked beans plus salad.
- Pasta with tomato-based sauce or pesto, with vegetables.
- Rice or noodles with chicken, fish or beans. Sandwich/roll/bagel/wrap filled with tuna, cheese, chicken or peanut butter.

Pre-training snacks

If you don't have time for a meal, have a snack approximately ½ - 1 hour before training with a drink of water. You should NEVER train on empty!

- A banana (or other fresh fruit) and a handful of nuts.
- A handful of dried fruit (e.g. raisins, apricots).
- A cereal bar.
- A pot of fruit yoghurt and an apple.
- A couple of slices of bread or toast with honey.
- Two or three mini pancakes.
- A couple of rice cakes with peanut butter.
- **NOT CHICKEN & CHIPS!**

During Training (lasting more than an hour):

Start drinking early during training – within the first 30 minutes

- Aim to drink around 500 ml per hour.
- Drink little and often, ideally every 15 – 20 minutes.
- Fruit juice diluted with an equal amount of water.
- Squash diluted 1 : 4 with water.
- Isotonic sports drink (40 – 60g sugar per 1 litre).

Recovery Snacks

- Ideally 50 – 60g carbohydrate plus 10 – 20 g protein; within 30 min after training.
- 500 ml flavoured milk.
- One banana plus 500ml of milk.
- 2 pots (2 x 150g) of fruit yoghurt.
- One cereal bar plus 500 ml semi skimmed milk.
- 60g raisins fruit and 50g nuts.
- 4 rice cakes with 20g peanut butter plus 200ml orange juice.



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Eating & Drinking To Compete:

What you eat and drink on the day of the gala can make a big difference to your performance. Read on for some tried and tested tips for gala nutrition.

DO.....

- Stick to familiar foods and drinks.
- Take your own foods and drinks wherever possible.
- Have your normal meal 1 - 2 hours before competing — enough time to digest the food and the stomach to feel comfortable.
- You may feel too nervous to eat. Try nutritious drinks (such as fruit juice, smoothies, yoghurt drinks, flavoured milk), or light snacks.
- Drink plenty of water or diluted juice before and after the event.

DO NOT.....

- Skip meals – you may become light-headed or nauseous during the event and will not perform at your best.
- Eat or drink anything new.
- **Eat high fat foods like crisps and sausage rolls before or during the event**
- **Load up with sweets and sugary drinks all day!**

Light meals for short breaks during galas

- Pasta – mix with a little pesto or tomato sauce. Add any combination of peppers, tomatoes, cucumber, sweetcorn, nuts, tuna, chicken.
- Sandwiches, wraps, rolls, pitta bread. Filled with a little chicken, tuna, cheese, salad, peanut butter.

Refuelling snacks

- Bananas; grapes, apples, satsumas, pears.
- Dried fruit — raisins, apricots, mango.
- Rice cakes or crackers.
- Mini-pancakes.
- Cereal bars; fruit bars, sesame snaps.
- Yoghurt and yoghurt drinks.
- Small bags of nuts — peanuts, cashews, almonds – not salted!

Suitable drinks

- Water.
- Fruit juice diluted half and half with water.
- Dilute squash.

This is only intended for use as a guide to swimmers and must be tailored to suit your specific dietary requirements.

NEVER share food or snacks with anyone else, especially at galas – be Allergy Alert !!