

Top Tips For Swimming Success !

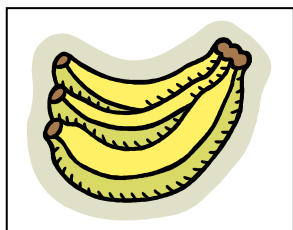
Start the day the performance way

Always eat breakfast-
cereals & toast are the best options,
or beans or scrambled eggs on toast.

“Break” the overnight “fast” !



Keep up energy levels during the day



Eat & drink plenty during the day.
Carry snacks & bottles of water at all times.
If meals available during the day are inadequate or inappropriate,
take a packed meal.

Get the most from every training session

Include a pre-training snack such as cereals,
sandwiches, beans on toast, pasta with chicken
& a low fat sauce.

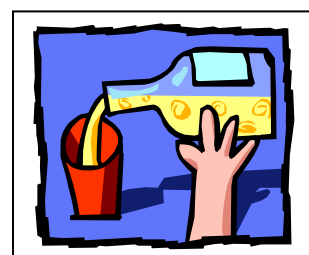


Refuel & Recover

Your post training food & fluid intake is *vital* to recovery.
Eat within an hour of training & competition.
Carry snacks if necessary.

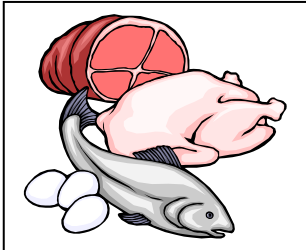
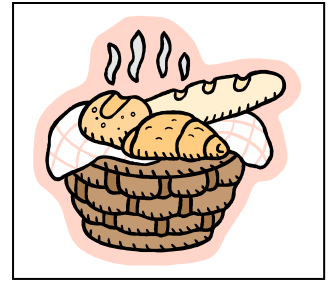
Drink & be merry !

Dehydration will cause poor performance, ill health
& inability to concentrate. Drink water, fruit juices & sugar free
cordials during the day & a “sports drink” whilst training.



Carbo-load your muscles

Every meal & snack must contain generous amounts of starchy carbohydrate such as bread, potatoes, rice or pasta.
Inadequate amounts of these foods will result in fatigue
Slow pace – no race !!

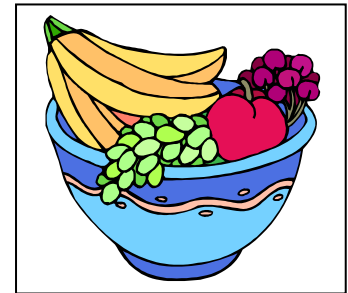


The power of protein

Similarly, each meal & snack should contain a protein food - meat, fish, cheese, eggs, chicken, beans, nuts.
In addition, choose a different “type” of protein for each meal.
Low fat dairy produce provides an excellent source of both protein & calcium.

Variety is the spice of life !

Include generous amounts of fresh fruit & vegetables.
By doing this & eating a varied diet you shall meet vitamin & mineral needs. These act as the “keys” to unlock the energy from your food & keep you healthy.
Remember – a “healthy” athlete is a “strong” athlete.



Rest days are “food “days

Maintain your performance diet on rest days.
This allows the body to *recover, refuel, repair & rehydrate*.
You don't get fit when you train,
you get fit when you “rest”.



The final word

Think about your food & fluid intake.
What you eat & drink on a Wednesday will affect your performance on a Saturday.

If you fail to plan – you plan to fail !



