

**Swimming Super Nutrition – What to Eat & When** ©Rachel Bartholomew Nutrition 2013

<b>1-4 hrs Before Training / Competition</b>	<b>1 hr Before Training / Competition</b>	<b>Immediately Before / During Training / Competition</b>	<b>After (within 15-30 mins) Training / Competition</b>	<b>Daily Food Balance (approx. 3 x meals &amp; 3 x snacks)</b>
<b>Water</b>	<b>Water</b>	<b>Water</b>	<b>Water</b>	<b>Water</b>
<b>Balanced Meal Containing:</b> <ul style="list-style-type: none"> <li>✓ Slow Release Energy Foods</li> <li>✓ Protein</li> <li>✓ Fat</li> </ul>	<b>Snack Containing:</b> <ul style="list-style-type: none"> <li>✓ Medium Release Energy Foods</li> </ul>	<b>Drink Containing:</b> <ul style="list-style-type: none"> <li>✓ Fast Release Energy (if needed)</li> </ul>	<b>Snack Containing:</b> <ul style="list-style-type: none"> <li>✓ Slow / Medium Release Energy Foods</li> <li>✓ Protein for Recovery and Repair</li> </ul>	<b>Daily Balance of:</b> <ul style="list-style-type: none"> <li>✓ Slow Release Energy Foods</li> <li>✓ Protein</li> <li>✓ Fat</li> </ul>