

## Swimming Training & Performance

### 5 Key Aspects of Super Nutrition

#### 1) Energy - Fuelling a Formula One Racing Car!

Just like a formula one racing car needs a regular supply of the right fuel, so does your body. The foods you choose can have a huge impact on both the success of your swimming training sessions and also your performance in competitions.

#### Choosing the Right Energy Fuel?

##### Slow Release Energy Food

- ✓ Wholemeal Bread, Bagels, Wholemeal Pitta Bread, & Tortilla Wraps
- ✓ Wholemeal Pasta, Rice, Bulgar Wheat & Couscous
- ✓ Wholegrain Cereals, Oats, Rye, Wheat, Spelt, Cornflakes & Puffed Rice
- ✓ Fresh Fruit & Vegetables
- ✓ Cereal Bars

##### Medium Release Energy Food

- ✓ Fresh Fruit (esp banana, grapes, melon, tropical fruit)
- ✓ Dried Fruit
- ✓ Cereal Bars
- ✓ Flapjacks / Biscuits
- ✓ Fruit Smoothie (made with yoghurt)

##### Fast Release Energy Food

- ✓ Fruit Juice
- ✓ Dried Fruit
- ✓ Diluted Fruit Juice
- ✓ Fruit Cordial / Sugary Drinks
- ✓ Fruit Smoothie (made without yoghurt)

## **Remember!**

Everyone is different so it's important to practice your nutritional regime regularly in training sessions before competition day so you can find the perfect timing and balance / choice of foods / drinks that best suit you in competition. Proper digestion can take anywhere between 1 and 4 hrs so you need to experiment with yourself to find out which category you fall into.

### **2) Recovery & Repair – At the Mechanics!**

After every training session and competition your body needs time to recover and the right ingredients for repair.

- ✓ You need to quickly replace the energy that's been used up in training or after a race so your body can top up supplies for next time.
- ✓ You need to supply your body with the right ingredients for repair, rebuilding and recovery; you'll find these repair ingredients in protein-rich foods such as **milk, yoghurt, cheese, nuts, seeds, meat, fish, chicken, beans, pulses, lentils, tofu and soy.**

### **3) Choosing the Right Fats & Fitting in the Extra Special Ones – Oiling the Engine!**

It's important that you regularly eat a balance of carbohydrate, protein and fat, for overall health and for training and performance. A reasonable balance consist of around a half of total intake coming from carbohydrates, and the rest split between protein and fat, although the types and quality matter much more than the overall balance. You can find fats in dairy products such as **butter, cheese and milk, meat, chicken and fish, and oils such as olive oil and sunflower oil.**

There's a special type of fat which is essential for good health and also for sports performance which unfortunately many people miss out from their diets. You may have heard of the term, '**omega 3**', and you can be one step ahead by including this special type of 'omega 3' fat in your diet; you'll find this in nuts, seeds and oily fish. Omega 3s are also super important for your brain too!

### **4) Hydration – Topping up the Water!**

It's important to drink plenty of water – losing just 2% hydration can decrease your swimming performance by 25%! Young people are more at risk of not drinking enough water than adults, so make sure you do keep your levels regularly topped up; especially during or after training or competing as this is when you'll most need to replenish your stores. Let your thirst tell you when you need to drink more water; the most common sign of not drinking enough water is a lack of energy – the very thing you need most of when swimming, so make sure you're drinking regularly throughout the day. Most experts now agree that plain water is better than energy drinks for young people involved in sport. If you're not keen on the taste, try adding a splash of pure fruit juice or cordial.

### **5) Variety for Vitamins & Minerals – Maintenance!**

Your body is a complex machine and so needs a complex array of both large ingredients (protein, carbohydrate and fat) and much smaller microscopic ingredients (vitamins and minerals) to keep it in tip-top condition and to support sports performance. The best way to make sure that you're getting plenty of all the right kinds of ingredients, especially the tiny ones on a daily basis is to eat a wide variety of lots of different kinds of foods and by including as much natural colour into your diet as possible. So, when you eat vegetables, eat lots of different types, shapes and colours, instead of just having carrots and peas every day. When you have fruit, do the same, pack different fruits into your lunch and snack box every day instead of the same apple and banana every day. Instead of cornflakes every day for breakfast, try porridge oats or a muesli or cereal containing a variety of different grains like puffed rice, spelt and rye.