



**X News 13 – June 2004**

***NUTRITION – URGENT!***

**After this weekends events at Midlands it is quite apparent that many of you aren't getting the right fuel for your swimming!**

As high performance swimmers, you need to eat correctly to ensure that you can perform to your best.

This means that you should be eating a relatively low fat, high carbohydrate diet that must first & foremost be BALANCED.

A balanced diet will contain the following –

Protein e.g. meat, fish, nuts, eggs (not fried!)

Carbohydrates e.g. pasta, rice, wholemeal bread

Vitamins & Minerals from all foods especially fruit & Vegetables

Water!

Fats – these will come from all food & fat intake should be limited at all times.

Research has proved that a high fat meal can reduce performance by up to 4%.

That means your 1.10.00 swim could go to 1.12.80 just by eating a poor meal!

This weekend saw many swimmers eating McDonalds, this is absolutely a no no!

Junk food will slow you down! & dont tell me 'I had a burger once & did a PB' because you would have gone even faster if you had eaten correctly!

Another problem on poolside was the amount of sweets being eaten. I am not saying do not eat sweets! However some swimmers ONLY ate sweets for most of the day. These should be a small part of a balanced diet & not the main source of energy for swimmers.

***A Racing car will not perform if you put poor fuel in to the engine, so how can a swimmer perform if they put poor fuel in to their engine?***

***Great Fuel = Greater Performances!***



## Swimmers Eating tips

### Night before

- Don't overeat, you can't carb load! It simply doesn't work.
- Eat carbohydrates and avoid fat at all costs.
- Fat will slow down digestion and so prevent carbohydrates being able to top up glycogen stores. Glycogen is your energy!

### Pre Competition and competition

- High Carbs again, no fat, no fibre or bulky foods.
- It takes 3-4 hours to digest a large meal and 1-2 hours to digest a small snack. I don't understand why swimmers need to eat 10-20 minutes before they race, as this serves absolutely no purpose whatsoever.
- If there is less than 1 hour between races your choices are limited to drinks with supplements, High 5 or similar in drinks bottles at all times are recommended to swimmers.
- More than 3 races in one day will deplete glycogen levels and these will need to be replaced.
- As soon as you have raced refuel, not before you race.

Absolute no no's up to one day before and during competition

Do not eat crisps they are the worst possible preparation

Do not eat chips, burgers or any fat

Do not eat chocolate in any form, 1-2% drop off in speed.

Do not drink fizzy drinks, including so called "isotonic drinks" which are a con.

**Eat the food stuffs that you eat every day, any big changes on the day of competition could upset your system, if your every day food is poor, change it now!**

Mark

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