

BRAINTREE & BOCKING SWIMMING CLUB

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NUTRITIONAL GUIDELINES FOR PRE-TRAINING

The purpose of a pre-training meal or snack is to make sure that you have enough energy for your training session.

You must consider the size of your meal. If you eat too much food before a training session you will feel sick and bloated. Try to allow 3-4 hours for a large meal to digest, and 1-2 hours for a small meal to digest.

FOOD TO HAVE BEFORE A TRAINING SESSION

Meals and snacks must be **carbohydrate rich**, from the bread, cereal, potato, pasta, grains and fruit food group. Eat low GI foods; energy will be released slowly, over a longer period of time.

EXAMPLE FOODS

Before morning training:

Toast (wholemeal) - peanut butter on toast, honey on toast

Porridge (add berries, bananas)

Cereals - oat based cereal, natural muesli, All bran.

Try to avoid cereals like Coco Pops and Rice Krispies as energy is released very quickly.

Before evening training:

Pasta (wholewheat)

Rice (wholegrain)

Jacket potato and salad

Snacks:

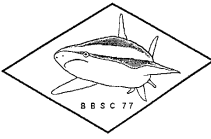
As the training session gets closer, meals should get smaller and more like snacks.

Low fat cereal bar, fruit, fruit juice, smoothie.

Drinks:

Make sure that you are drinking plenty of fluids to help you stay hydrated before your training session.

Water, squash, fruit juice, smoothie, sports drink (dilute: 50% sport drink, 50% water).



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NUTRITIONAL GUIDELINES DURING TRAINING

The purpose of a snack or drink during training is to maintain energy and blood sugar levels, and to keep you hydrated.

Snacks during training should be easy to digest to avoid being sick and snacks you can nibble on during a quick break.

FOOD TO HAVE DURING A TRAINING SESSION

Snacks must be **carbohydrate rich**, and low in fat. Eat high GI foods; energy will be released quickly to maintain energy stores.

EXAMPLE FOODS

Low fat cereal bars
Fruit (banana, orange, raisins)
Dried fruit
Healthy flapjacks (lots of oats, seeds and nuts)
Rice cakes

DRINKS

Make sure that you drink plenty of fluids to avoid becoming dehydrated. It is important that you are replacing the water lost by sweating during training.

Water
Squash
Fruit juice
Smoothie
Sports drinks (dilute: 50% sport drink, 50% water).

A sport drink is perfect if you don't like to eat during a training session. It will provide you with plenty of energy and will re-hydrate you. Dilute a sport drink to avoid feeling drained from the high sugar content.



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NUTRITIONAL GUIDELINES FOR AFTER TRAINING

The purpose of a recovery snack or drink is to replace the energy that has been used and the sweat that has been lost during a training session.

Think about the timing of your recovery snack. The sooner you eat after training, the better your recovery will be. You want to be eating within 30 minutes after a training session. Keep food handy in your bags.

FOOD TO HAVE AFTER A TRAINING SESSION

Meals and snacks must be **carbohydrate rich**, with a little bit of **protein**. The protein will help you to recover quicker. Protein is used to build and repair muscles. Eat high GI foods; energy will be released quickly to top up stores.

EXAMPLE FOODS

- Chicken salad sandwich
- Peanut butter sandwich
- Egg sandwich
- Bagel
- Yogurt
- Fruit
- Dried fruit, nuts and seeds
- Low fat cereal bar

DRINKS

Make sure that you drink plenty of fluids to avoid becoming dehydrated. It is important that you are replacing the water lost by sweating in training.

- Water
- Squash
- Fruit juice
- Smoothie
- Milk
- Sports drinks (dilute: 50% sport drink, 50% water)