



What to do



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Eat easy-to-digest, carbohydrate-rich food

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Eat a salty snack or use electrolytes

An example

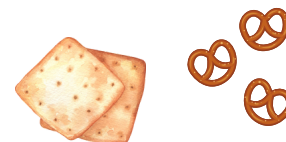


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**Variety of water-rich fruits in a
Format that is convenient for the
pool-deck**

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**Low-fat and low-fiber
salted crackers.**

- Eat familiar food. Test your strategies ahead of important swim meets.
- Look at your individual schedule of events. Identify your opportunity to eat. 4-5h break? Eat a simple protein-rich meal.
- Bring a variety of snacks and select what you eat based on the time you have before you 'swim again' (see below).
- Busy swim day? Eat carbohydrate-rich snacks every 1-2h.
- Hydrate. Use various strategies. If possible, bring a cooler with a variety of cold and familiar drinks. Flavouring your water could encourage you to drink more. Bring lots of water-rich fruits.
- Prevent further dehydration by planning rest periods in a cool environment.

What to do



Large bag or cooler

Tested caffeine products

Fruit puree, sport drinks, gummies, etc.

Lots of fruits !

2h+ to swim

30min. or less to swim

An example

Variety of Familiar shelf-stable snacks.

Preparing for an out-of-town championship

- Collect the information:
 - What meals are provided by the team or event organizer? What can you buy onsite?
 - Is there a fridge and microwave available?
 - Is there a breakfast offer at the hotel? If so, at what time and what is available?
- Bring the food/beverages you need to complement what is offered at the meet. As much as possible, reproduce how you like eating at home.
- Plan and prepare your 'pool-deck nutrition' first. This is the most important. Nothing new.
- Plan your nutrition for the following day with the rest of your equipment every night.

What to do



An example of what you could plan for a 3-days swim meet, with breakfast at the hotel and lunch and dinner provided by the team.

- The items:
 - 2 bottles
 - One cooler
 - 2 empty containers and 2-3 empty snack bags
- Eat:
 - 10-12 pieces of fruits
 - 12-20 simple carbohydrate 'pool-deck snacks' such as fruit puree, simple salted crackers, low-fibre-low-fat granola bars, gummies, dried fruits, etc.
 - 12-20 protein-containing and shelf-stable familiar snacks such as UHT (shelf-stable) milk or milk substitute, protein bars, tuna with crackers snack, trail mix, etc.
- Hydrate:
 - Bring the sports drink, electrolytes drops or flavour drops you are familiar with using in training.
 - Bring a variety of drinks. The same drinks you enjoy at home. If possible, in a cooler.
 - Carbonated water
 - Vegetable juice
 - Iced-coffee
 - Bring plenty of water-rich fruits (ex: oranges, grapes, melons, etc.)
 - If available, put some ice from the hotel's ice distributor in a closable plastic bag to keep your drinks cold and cool yourself if needed.



Swim Fast. Have Fun.

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