



# EAT TO COMPETE

## NUTRITION FOR SWIMMERS

*From the American Swimming Magazine  
& USA Swimming Sport Scientist Charlene Boudreau*

### Pre-competition meal planning

When an athlete plans his or her pre-exercise/pre-competition meal, they should consider the type, timing and amount of food intake. The goals should be to:

- Focus on fueling for the day, not the race.
- Maintain energy/blood sugar levels.
- Maintain hydration.

One Hour or less to go	2-3 hours to go	3-4 hours to go
100 to 200 calories (25 to 50 grams carbohydrates)	200 to 500 calories (50 to 125 grams carbohydrates)	500 to 1200 calories (125 to 300 grams carbohydrates)
Fruit and vegetable juice such as orange, tomato	Fresh fruit and vegetable juices	Fresh fruit and fruit and vegetable juices
<b>AND/OR</b>	<b>AND</b>	<b>AND</b>
Fresh fruit such as apples, watermelon, peaches, grapes, or oranges	Breads, bagels, English muffins with limited amounts of butter, margarine, cream cheese or peanut butter	Breads, bagels, baked potatoes, cereal with low-fat or skim milk, low-fat yogurt, sandwiches with a small amount of peanut butter or lean meats and cheese
<b>AND/OR</b>	<b>AND/OR</b>	<b>AND/OR</b>
1 ½ cups of a sport drink	4 cups of a sport drink	7 ½ cups of a sport drink

### Recovery foods – refueling the muscles

Many athletes spend valuable time and money planning and preparing their pre training/pre-competition meals. While the pre-exercise meal is essential for peak performance, the post-training and post-competition meal is equally important. To maximize muscle glycogen repletion between daily training sessions or meet days carbohydrates should be consumed immediately following exercise. **Within 30 minutes, start to refuel! Within 2 hours get a meal!**

### Nutrient dense/high carbohydrate recovery foods & beverages

Orange juice	8 oz.	27 gm
Cranberry juice	8 oz.	38 gm
Raisins	1 cup	115 gm
Pasta	1 cup	39 gm
Bagel	2 oz	31 gm
Banana	1 med.	28 gm
Cereal/dry	1 cup	20 gm
Orange	1 med.	15 gm