

Eating at Competition
































The nutritional demands of a swim meet are quite different to a normal training day. You should carefully consider what and when you are eating in order to maximise your racing performance.

Here's a quick guide of nutrition Do's and Don'ts on race day

| RACE DAY NUTRITION DO'S & DON'TS | | |
|---|--|---|
|  | KEEP THE QUALITY HIGH | Race day isn't an excuse to eat junk food and low quality snacks. Continue to focus on nutrient-dense foods just as you would at home. |
|  | OVEREAT | Unless you are swimming multiple events or rounds in the same day then your energy needs will probably be lower than a training day. |
|  | HAVE A PLAN | Don't leave things to chance. Bring snacks/meals with you and always know where you can access good quality food close to the pool. |
|  | PANIC EAT | Don't cram cereal bars and energy drinks just before you race. These won't have time to digest and may cause stomach upset. |
|  | USE FLUIDS IF YOU'RE FELING NERVOUS | Milk, smoothies and juices can be great sources of nutrition if you are nervous and don't feel comfortable eating. |
|  | EXPERIMENT WITH NEW FOODS | Always trial new foods in training first, never on race day. |
|  | SAVE BIG MEALS FOR AFTER YOUR RACE | Eat more after you race instead of before. Your biggest meal of the day should be at the end of the day after you have finished racing. |
|  | FORGET TO DRINK | Keep sipping on water throughout the meet. You will lose a lot of fluid even when not racing. |



Sample Meal Plan (based on 4 Races per day)

| Activity | Time | Food |
|---------------|------|---|
| Breakfast | 0800 |  +  +  |
| Snack | 1000 |  OR  OR  |
| Race 1 | 1100 |  Post-Race  +  |
| Race 2 | 1200 |  Post-Race  +  |
| Lunch | 1300 |  +  +  |
| Rest | 1400 |  +  |
| Snack | 1600 |  OR  OR  |
| Race 3 | 1800 |  Post-Race  +  |
| Race 4 | 1915 |  Post-Race  |
| Evening Meal | 2030 |  OR  OR  |
| Pre-Bed Snack | 2130 |  OR  OR  |

