

Nutrition and Swim Training

Nutrition for Swim Training should emphasize comparatively higher carbohydrate intakes before morning training sessions and within forty-five minutes of all A.M. training sessions. Morning training sessions should include the most demanding performance expectations. Complex Carbs (e.g. grains, breads, pasta) are vital to improving chances to achieve the most demanding performance expectations.

Water should be gulped and taken in large amounts every 30 minutes. Training sessions longer than forty minutes should include at least ½ quart of a common replacement drink in addition to 1 quart or more of water to be taken during and consumed entirely within 1 hour of A.M. training sessions. Training sessions longer than 90 minutes should include 150-200 calories (powerbar, bagel) every 30 minutes after the first 40 minutes.

A.M. Training Meal Plan (Example)

Before Swim Water 1 pint, Granola 1 cup w/yogurt ¾ cup, toast 2 slices w/jelly, fruit 2 pieces

During Swim Water taken in gulps, common replacement drink, powerbar or bagel if needed

After Swim Fluids (approx 8 ounces) per 20 minutes of training during 2 hours following, 150-300 calories within 40 minutes after training session per each 90 minutes of total training.

There are some important natural rules.

Since they are natural we have no choice but to follow them.

1. Metabolism rules the day. a) Higher metabolism improves training, b) enhances effects of workouts, c) aids positive attitude, d) contributes to control over desired physical changes
2. Carbs are the second most important element involved in any training plan
3. Knowing how to schedule rest is the most important element in any training plan

Understand that these rules overlap. For example, carbs are most effective during recoveries.

Another example, rest is more important than carbs (because with rest an amply high metabolism can also do what carbs do).

OK. So, remember that what food is eaten is linked directly to metabolic rate, carbohydrate needs and all phases of recovery.

People need to know, that 'knowing *when* to eat' is equally important as 'knowing *what* to eat'

Higher carb intake works well to raise or hold up a higher metabolism.

A higher metabolism works well to maintain energy levels longer.

Metabolisms are naturally higher earlier in the day.

Harder training should occur earlier.

Higher metabolic rates allow recoveries to begin more readily, sooner and require less time to restore the body to pre-training states.

Recoveries improve training plan effectiveness.