

From the Coach

Pre-swim meet fueling:

Carbohydrates are your energy source while swimming; without it, you will fatigue quickly. Being well fueled means you will be productive in the pool. About 30 min. to 1 hour before a practice or a meet, a small snack of mainly carbohydrates will help you to be well fueled.

Some good choices:

- Whole grain bread/bagels
- Wheat pasta/ brown rice
- Fruit
- Oatmeal
- Whole grain cereals
- Yogurt

During your workout or swim meet:

As carbohydrate stores begin to decrease, the body needs to find energy from somewhere else. The only other efficient source of carbohydrate is blood sugar. If you drink Gatorade (4-6oz every 30 min.) during your workout or meet, you will have carbohydrates available to use as energy. Otherwise you must either utilize fat as energy (which is not "explosive" energy) or break down muscle to be used as energy. In general, about 12 oz of Gatorade and 12 oz of water/hour will keep you hydrated.

After you swim a couple events and you have a 30-45 min break:

A carbohydrate snack with a little bit of protein will help you to recover quickly and to make your next workout or event more productive. This snack has to be eaten within 30 min. of the next race to gain the full benefit. Ideally, this snack will be followed by a balanced meal later. At a meet, sometimes there can be hour or so before you swim your next event.

Some good choices:

- Fat free chocolate milk
- Fruit or yogurt
- Whole grain crackers and cheese
- Banana with peanut butter
- Trail mix
- Sliced turkey with whole wheat tortilla.

Eating doughnuts, candy bars, potato chips before or during a race is a BAD choice!