

My Multi-Day Swim Meet Nutrition Plan

*Swimmers: Use this chart to develop your race day plan for the meet this weekend

Meet: _____		Date: _____		
Important Meals/Snacks	Goal	Time of Day	Examples	My Plan (Write in your planned meals/snacks)
Dinner night before meet	Time: 3-4 hrs prior to bedtime Why: Top off energy stores for a full weekend of racing What: Carbohydrate based meal, with a lean protein choice and fresh vegetables	_____ AM/PM	Pasta Meal Rice Bowl Burrito with rice/beans Large salad w lean meat, beans and rice/quinoa	
Breakfast before meet	Time: 2-3 hours prior to race Why: After a good night's sleep, breakfast to boost energy and wake up What: Carbohydrate + Protein small meal	_____ AM/PM	Toast with PB Cereal with milk Smoothie made w milk Eggs and toast Yogurt and granola	
Snacks before meet starts	Time: Within 1 hour of race Why: Snack after warm-up, and a dose of quick energy for racing What: Carbohydrate snack	_____ AM/PM	Pretzels Fruit (Banana, apple, orange) Plain bagel Dried fruit Sport Drink Cereal Bar	
Recovery snacks after swims	Time: ASAP after race, then every 1-2 hours of the meet Why: Repair muscle, restore energy after racing and prepare for the next race What: carb + protein beverage	_____ AM/PM	Chocolate Milk Box Soymilk Box Yogurt Fruit Smoothie made w yogurt Carnation Instant Breakfast	
Recovery meal after meet	Time: Within 2 hours of last race Why: Repair muscle, restore energy after racing and prepare for the next race day What: a carbohydrate based meal, with a lean protein choice and fresh vegetables	_____ AM/PM	Pasta Meal Rice Bowl Burrito with rice/beans Large salad w lean meat, beans and rice/quinoa	