

Eating on Meet Day

1-2 hours before

Fruit or vegetable juice
Fresh fruit (low fiber eg. plums, melons, peaches)

2-3 hours before

Fruit or vegetable juice
Fresh fruit
Breads, bagels, English muffins No margarine or cream cheese

3-4 hours before

Fruit or vegetable juice
Fresh fruit
Breads, bagels, English muffins
Peanut butter, lean meat, low fat cheese
Low fat yogurt
Baked potato
Cereal with low fat milk
Pasta with tomato sauce

All Day Meets

With less than one hour between events, swimmers should consume easy to digest, high carbohydrate foods like fruit juices, bananas, crackers, plain toast or Gatorade, and limit the amount of food.

What about Fluids

Keep a bottle of fluid by the pool when working out and drink between sets when at practice.

During the day of the meet replace body water loss by drinking a small amount of fluid, 1/2 cup to 1 cup every 15 to 20 minutes.

Avoid carbonated drinks, which can cause stomach bloating and may reduce fluid intake.

Avoid caffeinated beverages. They actually cause fluid loss.

Post Event Meals

Studies show that swimmers who consume 70 grams of carbohydrates (which could be a large bagel or a banana and some fruit juice) within 30 minutes after exercise and another 75-100 grams every 2-4 hours thereafter will restore their muscle energy levels before the next practice or day of the meet.

Meals That Provide 100G of Carbohydrates

1 bagel with peanut butter and 2/3 cup of raisins
1 cup of low-fat yogurt, 1 banana and 1 cup of orange juice
1 turkey sandwich with 1 cup of applesauce
2 cups of spaghetti with meat sauce and 1 piece of garlic bread
8 Oz. of skim milk, 1 apple, 1 orange, 2 slices of bread and 3 pancakes.
1 serving of Gatorade and 1 bagel