



Laser Swimming Club Eating Before and During Swim Competitions



Contact info:

laserswimsecretary@gmail.com

<http://www.laserswimmingclub.com/>

Eating Before and During Swim Competitions

When preparing to compete at a swimming competition you need to pay careful attention to what you eat. Read on to find out what to eat the day before the event and during the day.

The Day Before:

When competition time comes round, you'll have plenty on your mind already. So the day before the event, keep exercise to a minimum – if anything at all – and eat meals and snacks high in complex carbohydrates. You need to keep those glycogen stores topped up.

Drink fluids little and often to stay properly hydrated.

Eat little and often – every two to four hours to keep your blood sugar levels steady and fuel your muscles in preparation for your event.

Avoid big meals or over-eating in the evening – this will almost certainly make you feel uncomfortable and lethargic the next day.

Try to stick to familiar foods. Curries, spicy foods, baked beans and pulses (unless you are used to eating them) can cause gas and bloating, so avoid eating anything that may cause stomach discomfort the next day. It's best to stick to foods that you are familiar and compatible with!

The Morning of the Event:

Don't swim on empty. Even if you feel nervous, make breakfast happen. Stick to easily digested foods – cereal with milk, porridge, banana with yoghurt, some fruit or toast with jam.

If you're really struggling, try liquid meals such as milkshakes, yoghurt drinks or a smoothie.

It's a good idea to rehearse your competition meal routine in training so you know exactly what agrees with you.

Snacks Between Heats:

Try to eat as soon as possible after your swim to give yourself as long as possible to recover if you have to swim again.

High fat and simple sugar foods will do you no favors in competition – instead search out the complex carbohydrates again. Sweets should only be eating just before a race to give a boost if required. Try to prevent sugar rush and crashes.

If you can't stomach anything solid try sports drinks, flavored milk or diluted juice that will help replenish your energy supplies and assist the recovery of aching muscles.

The list below offers great food options to be snacking on in and around training for a competition. Remember to keep eating healthy foods from your regular diet though, such as fresh vegetables, nuts and fruits.

Pasta salad

Plain sandwiches e.g. chicken, tuna, cheese with salad, banana, peanut butter

Bananas, grapes, apples, plums, pears

Dried fruit e.g. raisins, apricots, mango

Smoothies

Crackers and rice cakes with bananas and/or honey

Mini-pancakes, fruit buns

Cereal bars, fruit bars, sesame snaps

Yoghurt and yoghurt drinks

Prepared vegetable crudités e.g. carrots, peppers, cucumber and celery

water, diluted fruit juice with a pinch of salt, or a sports drink

Small bags of unsalted nuts e.g. peanuts, cashews, almonds are also good however we do not recommend bringing these to Galas due to Nut Allergy Precautions.

All information above can be found on <http://www.swimming.org>