



# Competition Nutrition

Before, during and after competition it is important you consume the right kinds of food and avoid the wrong kinds of food, to remain ready to race throughout the day/s. Athletes (and their parents!) put in months of hard work for championship swims; it's crazy to throw it all away on the day by eating poorly. Not all of these options are practical for competition and athletes might not like all of the foods, these are merely guidelines and there are likely many similar foods that will help to sustain high performance.

## Before racing

You don't need to carbo-load the day/week before a swimming competition. Carbo-loading is important for endurance athletes competing continuously for 90 minutes or more. A regular carbohydrate rich meal the night before a competition is sufficient.

The morning of your race it is important to consume carbohydrate rich foods that will sustain you throughout the day. Avoid fatty or greasy foods. It is also important to be well hydrated going into a competition, so drink plenty of water.

It may be worth getting up slightly earlier to ensure you can digest your food before your warm-up. If you don't have time for one of the more substantial meals, eat foods from the second table.

<i>3-4 hours before competition*</i>		
crumpets with jam or honey + flavoured milk	baked potato + cottage cheese filling + glass of milk	baked beans on toast
breakfast cereal with milk	bread roll with cheese/meat filling + banana	fruit salad with fruit-flavoured yoghurt
pasta or rice with a sauce based on low-fat ingredients (e.g. tomato, vegetables, lean meat)		

\* The same foods can be consumed if you have a large break within the day (i.e. 3-4+ hours)

## Between races

Between races you will need to 'graze' on food because you will rarely have enough time to eat a full meal. Do plan to eat something more substantial if you know you will have a long break somewhere in the day.

Avoid a heavy reliance on sugary treats – these will lead to inferior performance once the sugar 'rush' is over. Instead of simply eating lollies, try cake or fruit, or just sports drink.

Remember to continue to drink water throughout the day to stay hydrated.

This information has been adapted from the AIS website.



<b>1-2 hours before competition/between races</b>		
liquid meal supplement	milk shake or fruit smoothie	1-2 sports bars (check labels for carbohydrate and protein content)
breakfast cereal with milk	cereal bars	fruit-flavoured yoghurt
fruit	Jam/honey sandwich	Banana bread/health cake
<b>Less than 1 hour between races</b>		
sports drink	carbohydrate gel	cordial
sports bars		

### **After races/between days**

At the end of your final race it is worth trying to consume a snack that has both carbohydrate and protein. Consuming it within an hour of your last race will help you recover and hopefully keep you full until you can have a larger meal at home – but we know what swimmers are like when it comes to food!

<b>Completion of the day</b>		
300g creamed rice	250-300ml liquid meal supplement	250-300ml milk shake or fruit smoothie
600ml low fat flavoured milk	1-2 sports bars (check labels for carbohydrate and protein content)	1 large bowl (2 cups) breakfast cereal with milk
1 large or 2 small cereal bars + 200g carton fruit-flavoured yoghurt	220g baked beans on 2 slices of toast	1 bread roll with cheese/meat filling + large banana
300g (bowl) fruit salad with 200g fruit-flavoured yoghurt	2 crumpets with thick spread peanut butter + 250ml glass of milk	300g (large) baked potato + cottage cheese filling + glass of milk