

NUTRITION CONDITIONING GOALS FOR SWIMMERS
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I. UP YOUR FLUID INTAKE

Fluid needs

Age 9-13: 7-8 cups a day

Ages 14-18: 8-11 cups a day

ALL FLUIDS COUNT(water, milk, juice, sports drink, even coffee and tea)

How should you drink? Gulps are better than sips or water bottles

20 ounces 1 hour before practice (water or sports drink)

Try to avoid carbonated beverages before exercise

• NO fruit juices before exercise- can cause loose stools and gas

During exercise: 20 ounces per hour- water and sports drinks

Post exercise: 20 ounces of fluid for every pound lost! WITHIN 2 hours after exercise!

Best choices- post exercise: Sports drinks

Not recommended post exercise: carbonated beverages

Be careful with energy drinks

Herbal forms of caffeine include: guarana, mate, and kola nut

SEE YOUR PEE: Light colored and LOTS!

Foods that count as fluid:

Soup Fruit Ices Gelatin Popsicles

II. MEAL FREQUENCY

Small, more frequent meals will give you consistent energy

5 or more eating episodes per day EVERY 3-4 hours

III. CARBOHYDRATE NEEDS

The optimal fuel for EXERCISE

Intense training depletes carbohydrate stores resulting in poor performance and increase fatigue

Need to consume carbohydrate with every meal

Needs increase with increased training:

SOURCES:

Bread	Bagels	English muffins	Muffins*	Pita	
Tortillas	Rice	Pasta	Cereals	Crackers*	Pretzels
Cookies*	Potatoes	Fruit	Fruit Juices	Candy*	Popcorn
Vegetables	Sports Drinks	Soda	Chips*	Cereal bars	

*** May be Higher in fat/ lower in nutritional value SO NOT as many of these!**

NEED TO CONSUME BEFORE, DURING (?) AND AFTER WORKOUTS

All meals should be 2/3 carbohydrate and 1/3 protein

DURING exercise: 30-60 grams of carbohydrate per hour

5-10 ounces of sports drink every 15-20 minutes OR 2 gels per hour or honey- a small packet!

LEAVE ON THE POOL DECK

CARBOHYDRATES should be consumed within 15 minutes after workouts or meets

BRING SOMETHING TO THE POOL!

GOOD CHOICES:

Cereal bar	Crackers	Pretzels	
Bagels	Graham crackers	High carbohydrate beverages	
Chex mix	Fruit	Trail mix	Dry cereal

IV. PROTEIN NEEDS

At least 0.5 grams protein per pound body weight

Protein as part of every meal/snack

Not immediately available as an energy source for exercise

Important for recovery AND to boost the immune system

SOURCES

Chicken	Fish	Beef*	Pork*	Veal
Turkey	Eggs	Cheese*	Milk*	Shellfish
Soy burgers	Dried beans	Nuts and nut butters*		

* **Higher fat protein sources**

V. FAT REQUIREMENTS

May not be consuming enough

Too much can cause cramps

Not enough can cause you to fatigue more quickly

TRY to limit high fat foods before exercise

FOODS TO LIMIT BEFORE EXERCISE:

Chips	French Fries	Pizza	Burgers
Ice cream	Doughnuts	Chocolate	Nuts
Nut butters	Fried meats	Bologna, salami, pepperoni	

VI. GUIDELINES FOR EATING DURING SWIM MEETS

< 1 hour	2-4 hours	> 4 hours
Fruit	Bagels	Yogurt
Crackers	Raisins	Energy bar with protein
Sports drinks	High carb sports bar	Turkey sandwich
	Gels	Peanut butter crackers
		Trail mix