

Swimming

Fuel your body



Swimming training can be long, intense, and very demanding on your body - meaning you need lots of energy to get through each session!

For young swimmers, learning to fuel your body during your early career can assist with training your muscles to perform at their best, supporting your long-term sporting goals.

If you have swim training twice a day, then it's even more important that you are giving your body the fuel it needs to perform!



WHAT TO EAT

Having energy for training or an event starts as early as dinner the night before! Meals in the lead up to your event should include vegies and a source of protein (such as lean meats, eggs, or alternatives), as well as plenty of foods like wholemeal bread, pasta, rice, or potatoes, which provide long-lasting energy.

Throughout the day, have plenty of snacks like fruit, vegie sticks with dip, yoghurt, or cheese and crackers to keep your tank topped up.

One or two hours before training or an event, have a snack to get your muscles ready to go! This could be English muffins, crumpets or pikelets, with peanut butter or a small amount of vegemite, jam, or honey. Even fruit or yoghurt are easy and quick fuelling ideas.

MORNING TRAINING

It can be really hard to eat before a morning training session, but your body uses up energy during sleep so it's important to top up the tank! Something like a small flavoured milk or a yoghurt pouch can be quick and easy to drink before you have to get in the pool.

HYDRATION

Even though you might not feel sweaty in the pool, sipping on water before, during, and after training is important to make sure you stay hydrated. So keep your water bottle on deck!

RECIPES

fueltogo.com.au/recipes/

































Check out a range of fuelling recipes on our website!

TOP TIPS!

1. **Be hydrated** - sip on water throughout the day and during training & games.
2. **Find your fuelling regime** - use training days to find your favourite fuelling foods. Don't try new foods on event day!
3. **Recovery** - what you eat AFTER training or a game is important for backing up your performance.

Putting it all together



BEFORE TRAINING	 BREAKFAST	SNACK	LUNCH	SNACK	1-2HRS BEFORE AFTERNOON TRAINING	 AFTERNOON TRAINING	15-30 MINS POST TRAINING RECOVERY	DINNER	SUPPER
	MORNING TRAINING 								
									
									

Hydrate with water



This is a generalised fuelling and recovery information sheet. For personalised sports nutrition advice seek an Accredited Sports Dietitian.