

Nutrition Planning

Multi-Day Swim Meet on the Road

The excitement for this weeks meet is building! The coaches are very excited to travel as a team, and have lined up team meals to eat as a group. Meals will be provided, but snacks at the hotel and pool are on your own. Below are a few considerations when planning your sport nutrition plan for the weekend of fast swimming.

Challenges in Preparing for a Swim Meet on the Road

- Packing for numerous meals/snacks over the course of a few days is challenging in itself.
- Staying in a hotel limits accessibility to familiar foods preferred on competition day.
- Multi-day meets with long morning/evening sessions can interfere with normally scheduled meal times.
- When the location of a swim meet is significantly far from home, the time away can feel like a vacation. Although having fun is a must, performance and fast swims are the main priority!

Nutrition Tips When Preparing for your Trip

- ✓ **Review your travel plans and schedule.** Plan to either pack foods, or make a shopping list for the grocery store in Albuquerque if time permits.
- ✓ **Food Storage.** Consider bringing or buying a small/cooler that you can store cold items, especially if a refrigerator is not included in your room. Also a small knife for cutting fruit can come in handy.
- ✓ **Meet Snacks.** Purchase and pack enough competition days snacks for the weekend. Go with familiar foods, instead of trying to track down something last minute or at the swim meet (snack bar food choices leave much to be desired!) Use the below chart as a shopping list to get you started:

Performance Based Snacks for the Pool	
<p>Cereal</p> <ul style="list-style-type: none"> <input type="checkbox"/> Organic Instant Oatmeal <input type="checkbox"/> Low Fat Granola <p>Bagels/Whole Grain Bread/Spreads</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whole Grain Bagel/Thins <input type="checkbox"/> <input type="checkbox"/> Fruit Spread <p>Fruit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bananas <input type="checkbox"/> Apples <input type="checkbox"/> Seasonal Fruit 	<p>Beverages (buy only as much as can be stored)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Low-Fat Chocolate Milk <input type="checkbox"/> Sport Drink <input type="checkbox"/> Bottled water (for hotel and meet) <p>Snacks</p> <ul style="list-style-type: none"> <input type="checkbox"/> Granola Bars (e.g KIND, Kashi, Lara, Nature Valley) – Nut free <input type="checkbox"/> Non-fat Yogurt (Greek) <input type="checkbox"/> Pretzels or Crackers <input type="checkbox"/> Low-Fat Beef/Turkey Jerk <input type="checkbox"/> Roasted nuts/TrailMix

- ✓ **Hotel Snacks.** When killing time in the hotel, it's easy to snack on unhealthy foods out of boredom. Consider purchasing/packing these kinds of snacks to avoid this from happening:
 - Fresh cut vegetables w/ hummus
 - Bottled Waters
 - Whole Grain cereal to snack on
 - Loaf of bread w/ deli meat
 - Instant Oatmeal packets

My Multi-Day Swim Meet Nutrition Plan

*Swimmers: Use this chart to develop your race day plan for the meet this weekend

CSST Meet – October 21 st and 22 nd , 2016				
Important Meals/Snacks	Goal	Time of Day	Examples	My Plan (Write in your planned meals/snacks)
Dinner night before meet	Time: 3-4 hrs prior to bedtime Why: Top off energy stores for a full weekend of racing What: Carbohydrate based meal, with a lean protein choice and fresh vegetables	_____ AM/PM	Pasta Meal Rice Bowl Burrito with rice/beans Large salad w lean meat, beans and rice/quinoa	
Breakfast before meet	Time: 2-3 hours prior to race Why: After a good night's sleep, breakfast to boost energy and wake up What: Carbohydrate + Protein small meal	_____ AM/PM	Toast with PB Cereal with milk Smoothie made w milk Eggs and toast Yogurt and granola	
Snacks before meet starts	Time: Within 1 hour of race Why: Snack after warm-up, and a dose of quick energy for racing What: Carbohydrate snack	_____ AM/PM	Pretzels Fruit (Banana, apple, orange) Plain bagel Dried fruit Sport Drink Cereal Bar	
Recovery snacks after swims	Time: ASAP after race, then every 1-2 hours of the meet Why: Repair muscle, restore energy after racing and prepare for the next race What: carb + protein beverage	_____ AM/PM	Chocolate Milk Box Soymilk Box Yogurt Fruit Smoothie made w yogurt Carnation Instant Breakfast	
Recovery meal after meet	Time: Within 2 hours of last race Why: Repair muscle, restore energy after racing and prepare for the next race day What: a carbohydrate based meal, with a lean protein choice and fresh vegetables	_____ AM/PM	Pasta Meal Rice Bowl Burrito with rice/beans Large salad w lean meat, beans and rice/quinoa	

Fueling for Training – Be Prepared!

You wouldn't drive a car down the highway with the gas tank on "LOW" with no way to get back and you wouldn't race a sports car without fuel in the tank . Likewise, your body and brain can't function optimally without fuel during practice either!

FUELING BEFORE PRACTICE		
4-6 hours before	<ul style="list-style-type: none"> • Eat your final pre-competition meal between 4-6 hours prior to swim practice. Sometimes travel and the timing of practice can make this difficult. • Pack a lunch or make smart decisions to postpone a large meal that's served immediately before a practice for after you are finished • If practice is around dinner time, perhaps divide this meal into two smaller size snacks 	EXAMPLES Turkey Sandwich Large Salad w Chicken/Fish Pasta Dish Bowl of Soup and ½ Sandwich
2-3 hours before	<ul style="list-style-type: none"> • This could be the last time you fuel with solid food, depending on digestion time and stomach tolerance • Eat something simple (taste-wise) containing mostly carbs and protein, It's wise to steer clear of strong flavors and seasonings as these can be more difficult to digest and can cause indigestion on a nervous stomach. 	EXAMPLES: Low fat yogurt Cereal and milk Fresh fruit Hummus and pita Small fruit smoothie
One hour or less before	<ul style="list-style-type: none"> • Stick to carbohydrates, with maybe a little protein if you are one to get hungry during practice • Beverages are easier to digest than solid foods, so find a snack that works well for you • High water-containing fruits like oranges, melons and apples are also good options because they digest quickly. • Limit heavy solid foods, because it requires more digestion time, and can lead to stomach upset if not enough time is given before 	EXAMPLES: Fruit Juice Chocolate Milk box Orange/Apple/Melon Cereal Bar

And as always....

- Hydrate, hydrate, hydrate! Urine color should be clear.
- Avoid foods higher in fat around training time. High fat foods will slow down your absorption of dietary carbohydrates and slow down fuel delivery to your muscles. And make you feel yucky...

ATHLETE'S PLATE

Training volume and intensity vary from day to day and week to week along your training/competition plan. Eating your meals and fueling your workout or race should also be cycled according to how hard or easy it is. Consult with your sport dietitian to put the Athlete's Plate into practice!

The Athlete's Plates are tools for you to better adjust your eating to the physical demands of your sport!

EASY An easy day may contain just an easy workout or tapering without the need to load up for competition with energy and nutrients. Easy day meals may also apply to athletes trying to lose weight and athletes in sports requiring less energy (calories) due to the nature of their sport.

MODERATE A moderate day may be one where you train twice but focus on technical skill in one workout and on endurance or strength in the other. The moderate day should be your baseline from where you adjust your plate down (easy) or up (hard/race).

HARD A hard day contains at least 2 workouts that are relatively hard or competition. If your competition requires extra fuel from carbohydrates, use this plate to load up in the days before, throughout, and after the event day.



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program. For educational use only. Print and use front and back as 1 handout.

ATHLETE'S PLATE

EASY TRAINING / WEIGHT MANAGEMENT:



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MODERATE TRAINING:

FATS

1 Tablespoon



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Grains

Pasta
Rice
Potatoes
Cereals
Breads
Legumes



Fresh Fruit
Stewed Fruit
Dried Fruit



Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

Coffee
Tea



Lean Protein

Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu,
Tempeh)
Legumes/Nuts



Raw Veggies
Cooked Veggies
Veggie Soups



Vegetables

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



HARD TRAINING / RACE DAY:

FATS

2 Tablespoons



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Grains

Pasta
Rice
Potatoes
Cereals
Breads



Fresh Fruit
Stewed Fruit
Dried Fruit



Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



Lean Protein

Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu,
Tempeh)
Legumes/Nuts



Cooked Veggies
Veggie Soups
Raw Veggies



Vegetables

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

