



Are you ready to train?

Before you enter the water have you

- Got your equipment? (Kickboard, pullbuoy, fins, drinks bottle)
- Got a drink?
- Been to the lavatory?

The training session is designed to improve your performance so you need to spend as much time swimming as possible.

Getting out half way through a set to go to the lavatory will not improve your times or technique!

Once you are in the water do you:

- Listen to the coach?
- Ask for advice?
- Try your hardest?
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Remember the training sets are designed by the coach to improve your performance.

Try and stick to the skills being taught, times being set and the rest intervals.

Taking extra rest will not improve your performance level.

IT PAYS TO PRACTICE 100% PERFECTLY ALL THE TIME



Hydration

Hydration (or the amount of fluid taken in by the human body) is just as important as food intake before and after exercise.

Two hours before exercise, swimmers should consume 16 fluid ounces (or half a litre) of water or a sports drink to help hydrate them ahead of time.

Thirty minutes before exercise, athletes should intake another 8 fluid ounces (quarter of a litre) to prepare themselves for activity.

During activity, fluids should be available for swimmers at all times.

Because swimmers are sweating out important fluids, they must replenish them by drinking 8 fluid ounces (quarter of a litre) every 20 minutes.

Swimmers should always bring a plastic drinks bottle with them to training sessions.

Long-term, moderate to intense activity of 30 minutes or more requires periodic rehydration, such as the 8 fluid ounces (quarter of a litre) every 20 minutes just suggested.

If an activity lasts more than 40 minutes, water is not sufficient to rehydrate the body.

The nutrient loss through sweat requires a sports drink to replenish electrolytes (powder energy drink is available at most sports outlets) Many swimmers will prefer not to drink during activity or will feel ill directly after intense exercise. All athletes must drink adequate liquids before, during, and after activity to avoid dehydration, which can lead to nausea, dizziness, and fatigue.

After activity, swimmers should continue to intake fluids. At this point, fluids can be the normal amount the athlete would consume with a meal and through



the rest of the day. A total of 64 fluid ounces (1.8 litres) of fluid is a minimum for swimmers, though more is recommended throughout the day.

A good test of proper hydration is a urine test. Swimmers should pass clear urine, not dark or with a restricted flow. Swimmers should pay attention to their own needs, as all swimmers will have slightly different needs. If a swimmer feels uncomfortable, light-headed, or feeling unwell, they should bring this to the attention of their coach. As fluid intake levels will change based on environmental effects, swimmers should pay attention to the outside influences affecting their fluid needs eg temperature, use of regular medication, intake of certain food substances before training/competition, can all affect the hydration levels of a swimmer.

www.fina.org/sites/default/files/nutrition_for_aquatic_athletes_booklet_v5_fina_l.pdf

Eat Well to Train Well

Information - courtesy of British Swimming

Eating to fuel training and optimal recovery doesn't just mean eating well immediately before or after training – it's about eating well at every meal!

The food we eat doesn't just give us energy to train, it nourishes us and provides our body with the nutrients it needs to stay healthy and grow stronger.

The two areas to focus on are Quality and Structure:



Food Quality: Choose foods that have been minimally processed and eat a wide variety of foods to maximise your nutrient intake

Structure: Eating around exercise is important to fuel training and recover quickly. Make sure you have a snack after training and schedule your biggest meal of the day after your biggest training session.

Here’s an example of a good meal structure based on a double-training day and school:

TIME	KEY POINTS
Breakfast	Keep it low sugar and don’t forget to hydrate before training This meal will fuel your morning training
Morning Training	Water or no-added sugar diluting juice is fine during training
Post Training Snack	Consider this to be a 2nd breakfast and should be practical and nutritious This snack will help you recover for your afternoon session
School Snack	Go for something relatively high in fibre like fruit or a cereal bar with minimal ingredients This snack maintains the recovery process and prevents you from feeling too hungry by lunch
Lunch	Lunch should contain a source of protein (e.g. chicken, beef, fish, cheese...), two portions of veggies and 1-2 servings of a high fibre carbohydrate (e.g. granary bread, wholemeal wrap, wholemeal pitta, brown rice...)
Pre-Training Snack	Carbohydrate is the priority here so fresh or dried fruit or a small sandwich are ideal The carbohydrates in this snack will help ensure you are suitably fuelled for the session
Afternoon Training	Water or no-added sugar diluting juice is fine during training
Post-Training Snack	Start your recovery from a hard set with fluids, carbohydrates and proteins Make sure this snack is practical and ready to eat in your kit bag
Evening Meal	Protein, carbs and veggies – this should be your biggest meal of the day Don’t ignore the protein content of this meal – it will help your muscles adapt overnight
Pre-Bed Snack	Dairy and fruit are ideal at this time e.g. Greek yoghurt with berries or pint of milk and banana This snack should promote recovery and adaptation overnight and aid restful sleep

	BREAKFAST			
	MORNING SESSION		WATER DURING THE SESSION THEN MILK AND A SNACK AFTER FOR RECOVERY	
	SCHOOL & SNACK			
	LUNCH			
	PRE-TRAINING SNACK			
	EVENING SESSION		WATER DURING THE SESSION THEN MILK AND A SNACK AFTER FOR RECOVERY	
	EVENING MEAL			
	PRE-BED SNACK			