

HSSC HANDY GUIDE TO NUTRITION

Recovery is an important part of YOUR TRAINING and involves 3 processes:

- **Refuelling:** Carbohydrate stores
- **Rebuild & repair:** Building new muscle & cells to aid adaption to training
- **Rehydrating:** Replacing fluid & electrolytes lost in sweat

Optimal recovery strategies aid adaptation helping the body to become fitter, stronger and faster. They are also helpful to the immune system to manage the stress of training.

POST TRAINING RECOVERY

Timing is key to recovery and nutritional recovery and should begin within the first hour after training!

REFUEL - fuel used during training is **carbohydrate** in the form of muscle glycogen. It is important to restock your stores after training. Low glycogen stores can cause fatigue and impair power and endurance. Intense sessions aim for 1g carbohydrate per kg body mass.

REBUILD AND REPAIR

Eating protein immediately after training is important to help muscle growth and repair. This is especially important to ensure better adaptations to training i.e. making sure that the work put in counts! **Approximately 16-25g protein should be consumed within the first hour after exercise.**

REHYDRATE

Both water and salt losses need to be replaced as dehydration can negatively affect performance. **1.6 litres of fluid should be consumed for every 1kg body weight lost during training.**

Some Example Recovery Options Include:

- Low fat milkshake
- Fruit smoothie made with milk/ yoghurt
- Cottage cheese and rice cakes
- Pint of milk and cereal bar or banana
- Greek yoghurt and fruit (add in some granola for extra benefit and taste!)
- Bowl of cereal with milk
- Scrambled egg and /or beans on toast
- Tuna sandwich

A good diet can't make an average athlete great, but a poor diet can make a great athlete average.

EATING AT COMPETITIONS

THE DAY BEFORE

Keep exercise to a minimum and eat meals and snacks high in complex carbohydrates. You need to keep your glycogen stores topped up. Eat little and often - every two to four hours to keep your blood sugar levels steady and fuel your muscles in preparation for your event.

Avoid big meals or over-eating in the evening - this will almost certainly make you feel uncomfortable and lethargic the next day.

Try to stick to familiar foods. Curries, spicy foods, baked beans and pulses (unless you are used to eating them) can cause gas and bloating, so avoid eating anything that may cause stomach discomfort the next day. Drink fluids little and often to stay properly hydrated.

THE MORNING OF THE EVENT

Don't swim on empty. Even if you feel nervous, make breakfast happen. Stick to easily digested foods - cereal with milk, porridge, banana with yoghurt, some fruit or toast with jam.

If you're really struggling, try liquid meals such as milkshakes, yoghurt drinks or a smoothie.

It's a good idea to rehearse your competition meal routine in training so you know exactly what agrees with you.

SNACKS BETWEEN HEATS

Try to eat as soon as possible after your swim to give yourself as long as possible to recover if you have to swim again.

High fat and simple sugar foods will NOT help you in competition - eat complex carbohydrates again.

If you can't stomach anything solid try flavoured milk or diluted juice that will help replenish your energy supplies and assist the recovery of aching muscles.

The list below offers great food options to be snacking on in and around training for a competition. Remember to keep eating healthy foods from your regular diet though, such as fresh vegetables, nuts and fruits.

SNACK IDEAS - TO KEEP WITH YOU POOLSIDE

- Water, diluted fruit juice with a pinch of salt or a sports drink (in addition, not instead of water)
- Pasta salad
- Plain sandwiches e.g. chicken, tuna, cheese with salad, banana, peanut butter
- Bananas, grapes, apples, plums, pears
- Dried fruit e.g. raisins, apricots, mango
- Smoothies
- Crackers and rice cakes with bananas and/or honey
- Mini-pancakes, fruit buns
- Cereal bars, fruit bars, sesame snaps
- Yoghurt and yoghurt drinks
- Small bags of unsalted nuts e.g. peanuts, cashews, almonds
- Prepared vegetable crudité's e.g. carrots, peppers, cucumber and celery

SOME IDEAS TO BALANCE THE FOOD GROUPS AS PART OF YOUR DAILY ROUTINE

COMPLEX CARBS	PROTEINS	VITAMINS & MINERALS	FATS & DAIRY (max 25% of diet)	FLUIDS
Pasta/white rice/noodles	Eggs (Boiled, scrambled, poached or as an omelette)	Bananas / citrus fruits / pineapple / watermelon	Milk / yoghurts / Cottage cheese / cheeses	• Required for every bodily function and makes 70-75% of the total body weight. • Maintains body temp • Metabolises fat • Aids digestion • Lubricates and cushions organs • Transport nutrients through body <b style="color: blue;">DON'T FORGET TO KEEP YOUR FLUID LEVELS UP - DRINK -
Potatoes (jackets, boiled, mashed)	Fish (Mackerel, Tuna, Salmon, Trout)	Tomatoes / Tomato based sauces	Oily fish	
Whole grain cereals / oats / pulses (beans/lentil, peas)	Meat (Chicken, Turkey, Pork, Lean Beef)	Green leafy veg / broccoli / carrots / peas/	Nuts	
Bread - (white and wholemeal) / pittas / fruit breads	Nuts & seeds (Peanut butter, cashews, sunflower seeds)	Beetroot - juice / raw or cooked	Cakes / chocolate bars	