

# Eating at Competition































The nutritional demands of a swim meet are quite different to a normal training day. You should carefully consider what and when you are eating in order to maximise your racing performance.

Here's a quick guide of nutrition Do's and Don'ts on race day

RACE DAY NUTRITION DO'S & DON'TS		
✓	<b>KEEP THE QUALITY HIGH</b>	Race day isn't an excuse to eat junk food and low quality snacks. Continue to focus on nutrient-dense foods just as you would at home.
✗	<b>OVEREAT</b>	Unless you are swimming multiple events or rounds in the same day then your energy needs will probably be lower than a training day.
✓	<b>HAVE A PLAN</b>	Don't leave things to chance. Bring snacks/meals with you and always know where you can access good quality food close to the pool.
✗	<b>PANIC EAT</b>	Don't cram cereal bars and energy drinks just before you race. These won't have time to digest and may cause stomach upset.
✓	<b>USE FLUIDS IF YOU'RE FELING NERVOUS</b>	Milk, smoothies and juices can be great sources of nutrition if you are nervous and don't feel comfortable eating.
✗	<b>EXPERIMENT WITH NEW FOODS</b>	Always trial new foods in training first, never on race day.
✓	<b>SAVE BIG MEALS FOR AFTER YOUR RACE</b>	Eat more after you race instead of before. Your biggest meal of the day should be at the end of the day after you have finished racing.
✗	<b>FORGET TO DRINK</b>	Keep sipping on water throughout the meet. You will lose a lot of fluid even when not racing.



# Sample Meal Plan (based on 4 Races per day)

Activity	Time	Food
Breakfast	0800	 +  + 
Snack	1000	 OR  OR 
Race 1	1100	 Post-Race  + 
Race 2	1200	 Post-Race  + 
Lunch	1300	 +  + 
Rest	1400	 + 
Snack	1600	 OR  OR 
Race 3	1800	 Post-Race  + 
Race 4	1915	 Post-Race 
Evening Meal	2030	 OR  OR 
Pre-Bed Snack	2130	 OR  OR 