

Nutrition for Swimmers

One of the building blocks of quality training is good nutrition. Every swimmer and parent needs to be aware of the following two points:

1. *Food does NOT make a swimmer swim fast.*

That's right. Food does not make him swim fast. What *does* make him swim fast? Training. Training makes him swim fast.

2. *QUALITY training makes him swim fast.*

A vital part of quality training is good nutrition!

Believe it or not, your swimmer doesn't get fast during practice. In practice she might see her times improving, but her *adaptation* to training (i.e. getting faster) actually occurs while her body is at rest. Workout is the **stimulus** that causes this to happen.

Workouts are hard! They're supposed to be. They're designed to tell the body, "This is hard work for me...you better do something to enable me to do it again later." And the body actually responds by becoming more efficient – aerobically and anaerobically. During its time off, the body WILL adapt, but only if given the **proper fuels**.

GUIDELINES FOR YOUR SWIMMER:

Before practice & meets: Good choices: breakfast cereal, sandwich, fruit, energy bar, sports drink, WATER

Bad choices: eggs, whole milk, beans, soda, snack chips

After practice & meets: Good choices: sports drink (with protein), fruit, energy bar

Bad choices: snack chips, fast food, soda

During practice & meets: Good choices: sports drink, fruit, half a bagel or muffin

Bad choices: candy, soda, anything with a lot of sugar

Remember that everyone should eat balanced meals that include fruit, vegetables, lean proteins, and carbohydrates.