



# Nutrition For Swimming

## Anita Bean RNutr







# I'll be talking about...

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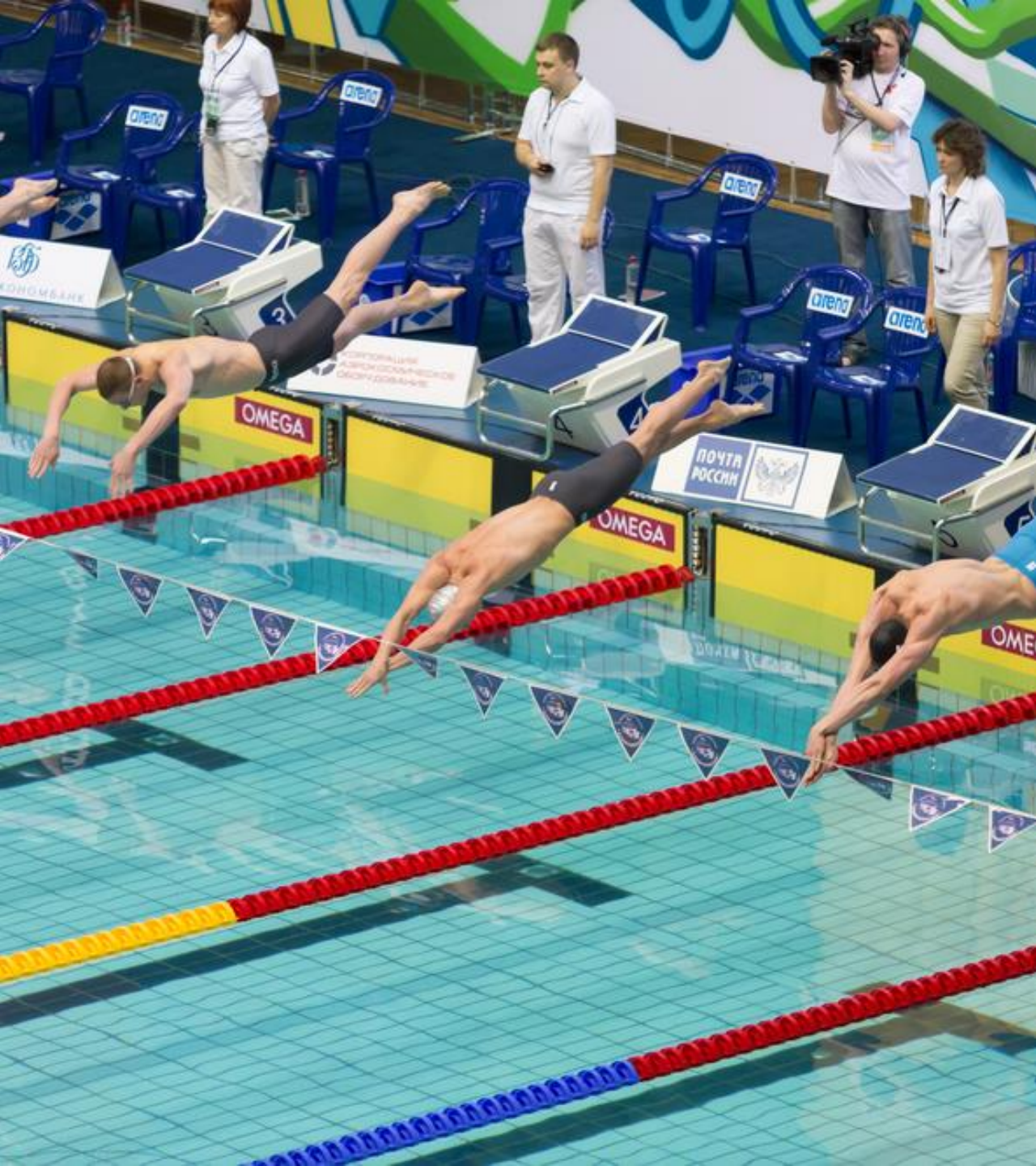
- How to fuel properly for training
- What to eat before & after training
- How much to drink
- How to recover better
- What to eat for competitions

# Eating well will help you...

- Stay healthy/ illness-free
- Train harder
- Increase endurance & strength
- Recover faster
- **Perform to your full potential**







What, when and how much you eat, before and after swimming, can make a BIG difference to your performance.

# The Swimmer's Plate

***Fruit & veg***  
*5 - 10 a day*



***Protein***  
*1.2 – 2g/ kg body weight*



***Carbs***

*5 - 7g/ kg body weight*



***+ healthy fats***







What are the  
**DIFFERENCES?**



# Swimmers need

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***MORE energy***

***MORE carbs***

***MORE protein***

***MORE vitamins, minerals & antioxidants***



# Couch potato's plate

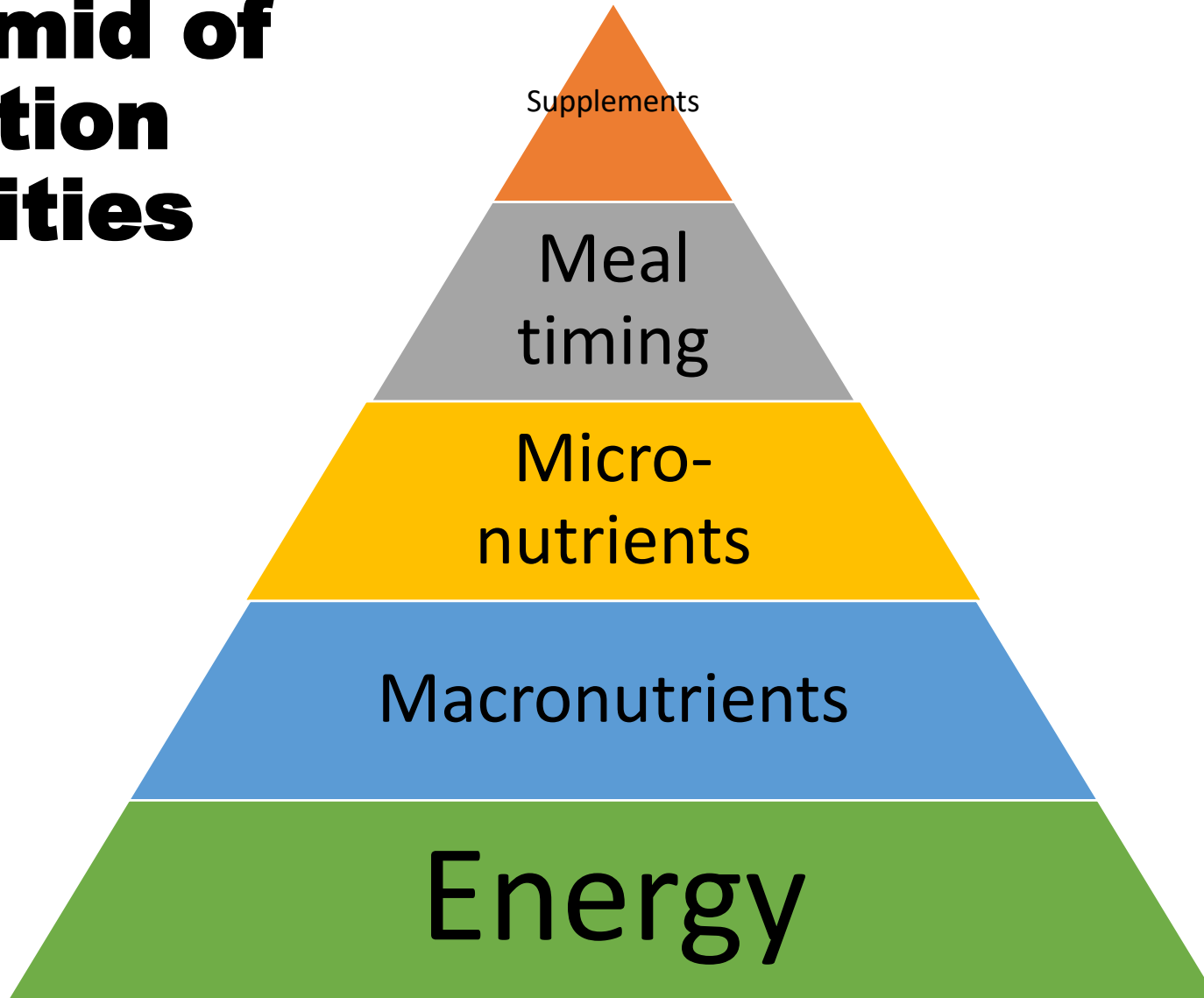


# Swimmers plate





# Pyramid of nutrition priorities



# Swimmers need MORE ENERGY



- ✓ Swimming burns 500 + cals/h
- ✓ Need to match energy intake & energy output
- ✓ Underfuelling → muscle loss, fatigue & poor performance
- ✓ Overconsumption → weight gain & sub-optimal performance



# Swimmers need MORE CARBS



- Muscle fuel (glycogen)
- The longer and harder you train, the more carbohydrate you need to fuel your muscles
- BUT limited storage (2 hours of running)

# **Low glycogen means limited capacity for high intensity exercise**



- Low glycogen stores
- Reduced endurance, early fatigue and poor performance
- Slow recovery and decreased immune function



A collage of various carbohydrate-rich foods. At the top are several whole yellow potatoes. Below them are slices of whole grain bread. To the left is a pile of yellow, spiral-shaped pasta. In the bottom left is a pile of white and brown rice. To the right is a pile of yellow, bow-tie shaped pasta. The background is a mix of these food items.

# **CARB SOURCES**

- Oats e.g. porridge
- Potatoes & sweet potatoes
- Pasta (whole grain)
- Bread (whole grain)
- Rice, noodles, other grains
- Beans & lentils
- Fruit

**1 portion = Your fist or  
one third of your plate**



# Swimmers need MORE PROTEIN



✓ Muscle building & repair

✓ 15 – 25g/ meal

✓ 1 chicken breast/ 500ml milk/ 4 tbsp.  
beans



# **PROTEIN = Muscle growth & repair**

- Meat & fish
- Chicken & turkey
- Eggs
- Milk & Yogurt
- Beans & lentils
- Nuts & seeds
- Soya products

**1 portion = Your palm or  
one third of your plate**



# Swimmers need MORE FRUIT & VEG



- ✓ Stay healthy & prevent illness
- ✓ Support peak performance
- ✓ Promote recovery





## **Eat a rainbow of colours!**

- Spinach, broccoli
- Peppers
- Butternut squash
- Carrots
- Cabbage
- Cauliflower

- Strawberries, raspberries
- Blueberries, blackberries
- Oranges, clementines
- Kiwi fruit
- Bananas
- Cherries





## Build a balanced meal

- a palm-size of protein-rich food e.g. chicken, fish, meat, eggs, cheese or beans
- A clenched fist of carbohydrate-rich food e.g. potatoes, rice, pasta, bread or oats
- 2 handfuls of non-starchy vegetables or fruit e.g. broccoli, carrots, peppers, spinach or berries
- A thumb-sized amount of healthy fats e.g. olive oil, rapeseed oil, nut butter





# What should I eat for breakfast?

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# Swimmer's Breakfast

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***Porridge with  
bananas & nuts***





# Swimmer's Breakfast

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***Granola with fruit  
and yogurt***



# Swimmer's Breakfast

(Early morning swim)

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***Oat bar or bananas***





# WHEN should I eat before swimming?

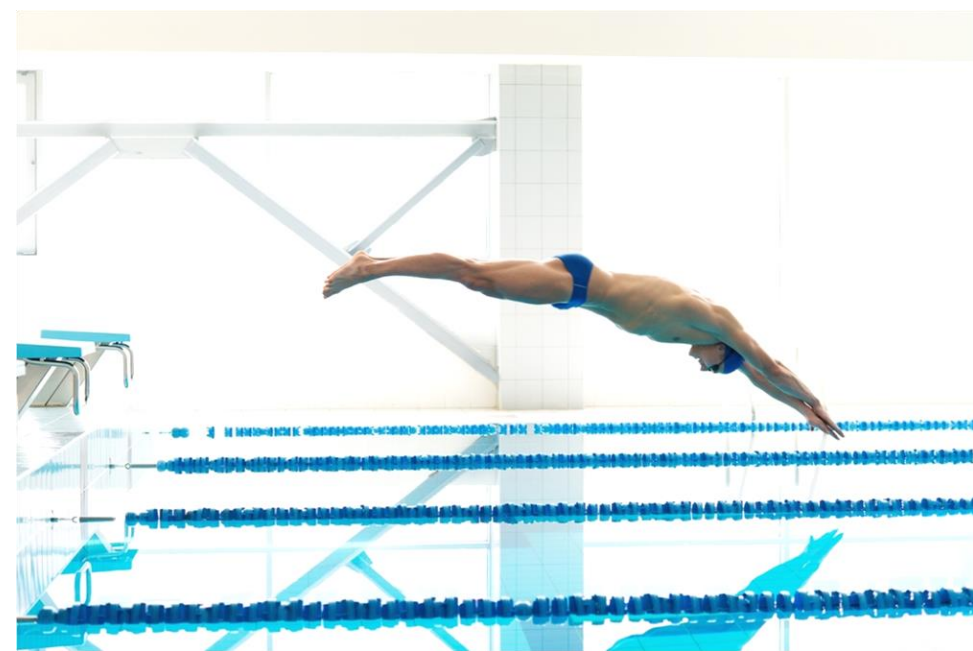
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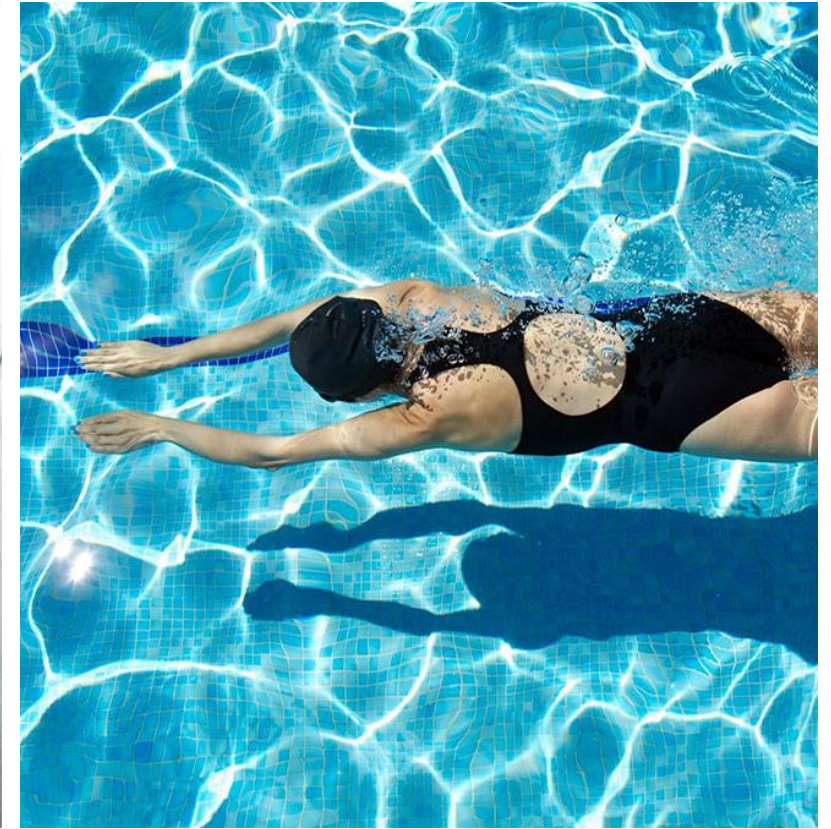
## *Evening swim:*

🏃 Fuel 2 – 4 hours before

## *Early morning swim:*

🏃 Fuel 30 – 60 min before





# WHAT should I eat before swimming?

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# Swimmer's Dinner

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***Quick Stir-fry -  
Noodles, vegetables  
& prawns***





# Swimmer's Dinner

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***Healthy risotto –  
rice, beans, veg***





# Swimmer's Dinner

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***One Pot Chicken or  
Chickpeas &  
vegetables***

# Pre-swim snacks



🏃 Banana

🏃 Yoghurt & fruit

🏃 Toast with peanut butter

🏃 Dried fruit & nuts

🏃 Granola bar / fruit bar / flapjack





# How much should I drink?

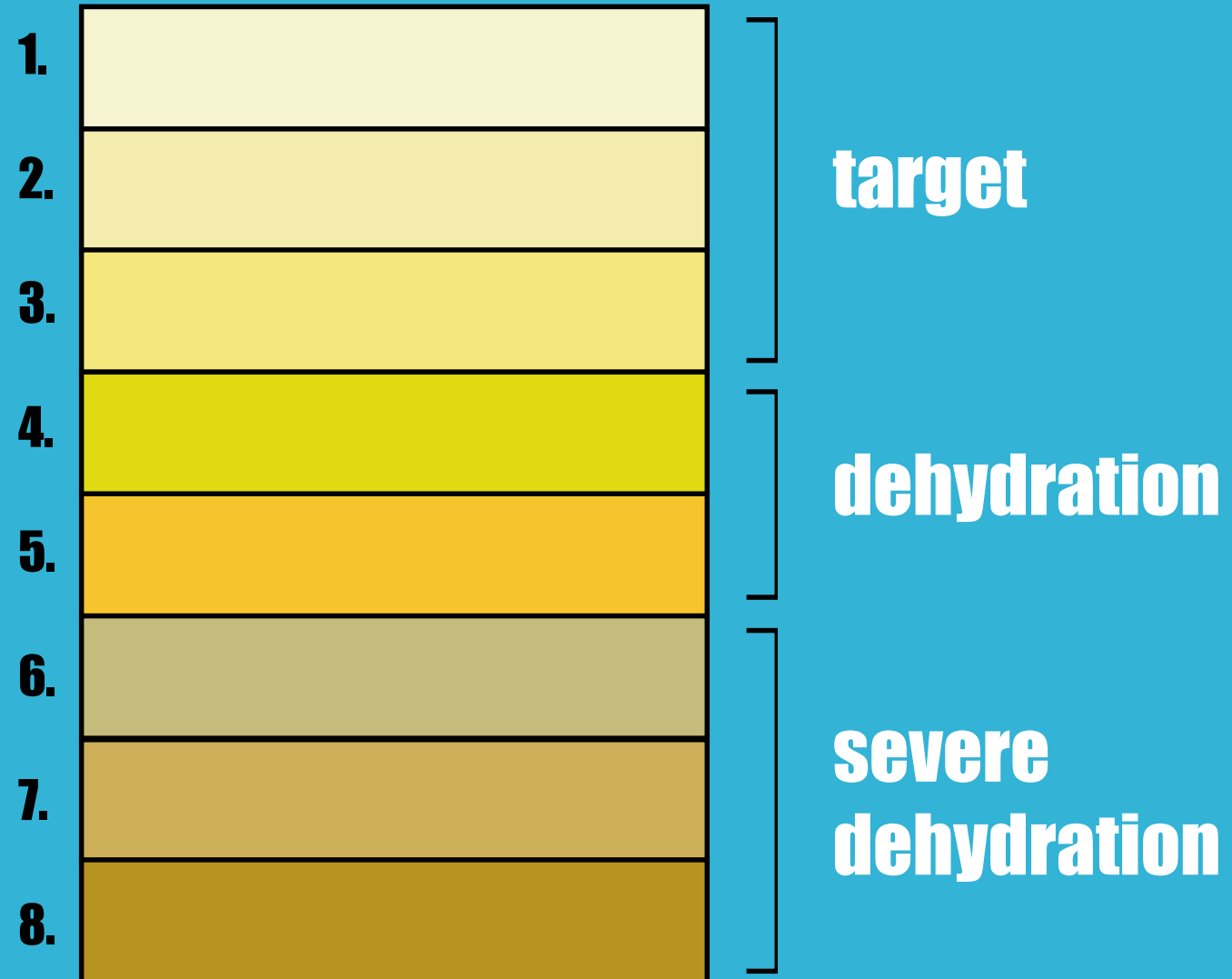
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- ☺ No strict rules
- ☺ Start hydrated
- ☺ Drink at regular intervals
- ☺ 500 – 1000ml/ 2h session

# Urine check!

- ✓ *Colour*
- ✓ *Volume*
- ✓ *Odour*





# How can I speed my recovery?

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***Remember the 3 R's:***

🏃 Rehydrate: Fluid

🏃 Refuel: Carbohydrate

🏃 Repair: Protein





# What should I eat after swimming?

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# Post-swim snacks



Continue  
eating well  
throughout  
the day





A group of swimmers in black and yellow suits are diving into a swimming pool. They are in various stages of the dive, with some already in the water and others still above the surface. The pool has red lane dividers. The background shows a pool deck with some equipment.

# Preparing for Competition



What should I  
eat before my  
race?





The background of the image shows several granola bars, some rectangular and some triangular, scattered on a light-colored wooden surface. A clear glass is partially visible in the upper left corner. The text is overlaid on the image in white boxes with black borders.

# 3 Race Day Rules

- **Hydrate:** Drink little & often
- **Refuel:** After each race
- **Don't try** anything new on race day



What should I  
eat between  
events?





What should I  
eat for lunch?



# 5 top tips for success



- 🏊 **Swimmer's plate:** *Carbs, Protein, Fruit/veg*
- 🏊 **Eat colourful foods:** *Variety is key*
- 🏊 **Fuel properly:** *Eat enough*
- 🏊 **Hydrate:** *Before, during & after*
- 🏊 **Refuel:** *After every swim*



# Thanks for listening!

## Anita Bean

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