

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		
✓	KEEP THE QUALITY HIGH	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.
✗	OVEREAT	Unless you are swimming multiple events or rounds in the same day then your energy needs will probably be lower than a training day.
✓	HAVE A PLAN	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.
✗	PANIC EAT	Don't cram cereal bars and energy drinks just before you race. These won't have time to digest and may cause stomach upset.
✓	USE FLUIDS IF YOU'RE FELING NERVOUS	Milk, smoothies and juices can be great sources of nutrition if you are nervous and don't feel comfortable eating.
✗	EXPERIMENT WITH NEW FOODS	Always trial new foods in training first, never on race day.
✓	SAVE BIG MEALS FOR AFTER YOUR RACE	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.
✗	FORGET TO DRINK	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 