

# BRITISH SWIMMING WORLD CLASS PROGRAMME

## FACT SHEET

### The Basics Daily Eating Structure

Training to become an Olympic or World Champion requires an immense commitment and lots of hard work. As a swimmer you will use large amounts of energy every day, regularly training twice a day covering huge distances in the pool at high intensities, as well as land based training. Therefore it is vital that you consume enough energy and appropriate nutrition to meet the demands of training, go to school, college or work and have sufficient nutrients for recovery and training adaptations.

This factsheet will provide key nutrition tips and an example eating plan that will support your energy levels and provide the correct nutrients throughout the day.

- You should try to eat at around 2-3 hour intervals, eating portion sizes you are used to.
- Every meal should aim to contain:
  - **Quality protein source** (lean medium/large portion), options include beef, pork, chicken, turkey, fish, eggs, milk, cheese (soft-cottage), legumes, tofu or soy products.
  - **High carbohydrate content** options include bread, rice, potatoes and pasta.
  - **Be low in fat** - try not to have fried foods, high-fat cheese (hard-cheddar), add too much oil when cooking meals, cut off the fatty rinds from meats, and try not to eat a lot of cake, biscuits, chocolate and sweets (choose one of those as a treat once or twice a week only).
- You should consume **5 portions of different fruit and vegetables (5 a day)**. The vitamins and minerals found in fruit and vegetables help to maintain a healthy immune system.
  - 1 portion = 1 large piece (e.g. apple, banana) or a handful of smaller types (e.g. grapes, blueberries, peas)

- Good fruit and vegetables to include are;
  - Fruit - bananas, apples, pears, oranges, strawberries, blueberries, kiwi fruits, raisins and sultanas.
  - Vegetables – carrots, peas, broccoli, spinach, peas, sweetcorn, tomatoes, swede, spinach, green beans, cabbage, onions and cucumber.
- Drink fluids regularly throughout the day. Appropriate fluids include water, fruit juice, milk, fruit cordial with water and sports drinks during and after training sessions. \*

#### Possible daily eating structure

5.30am	<b>Snack</b> - glass of fruit juice or cereal bar
6.00am	<b>Training Session 1</b>
8.00am	<b>Recovery snack</b> - Milk & banana
8.30am	<b>Meal</b> - Breakfast
9.00am	<b>School/college</b>
10.15am	<b>Snack</b> – 2 crumpets with a banana or liquid meal supplement
	<b>School/College</b>
1.00pm	<b>Meal</b> – Lunch
	<b>School/College</b>
3.15pm	<b>Snack</b> – Cereal bar & low fat yoghurt
4.00pm	<b>Training Session 2</b>
6.00pm	<b>Recovery Snack</b> – Sandwich
6.30pm	<b>Meal</b> – Dinner
9.00pm	<b>Supper</b> – A glass of milk

\* Information sourced from Alex Popple, Performance Nutritionist for British Swimming and English Institute of Sport.