



# FEMALE ATHLETE NUTRITION

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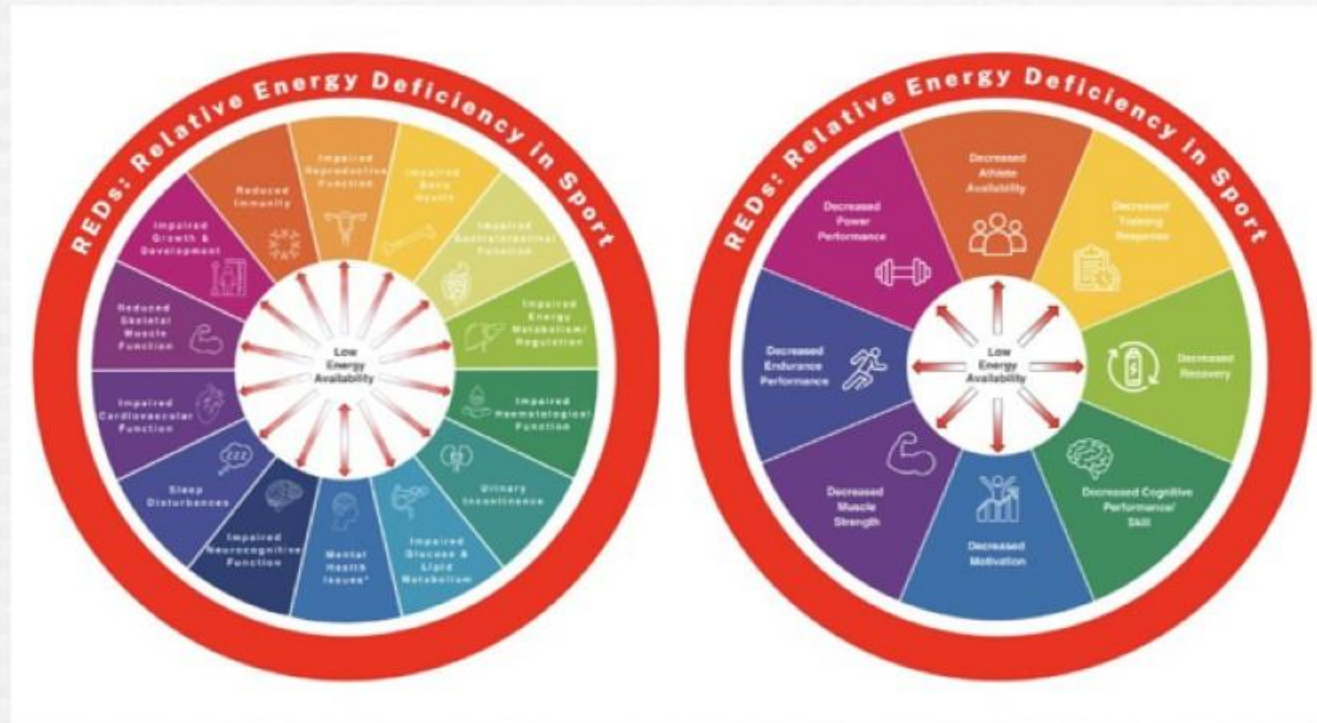


## Somerset ASA

~ Founded 1902 ~

Affiliated to Swim England South West Ltd

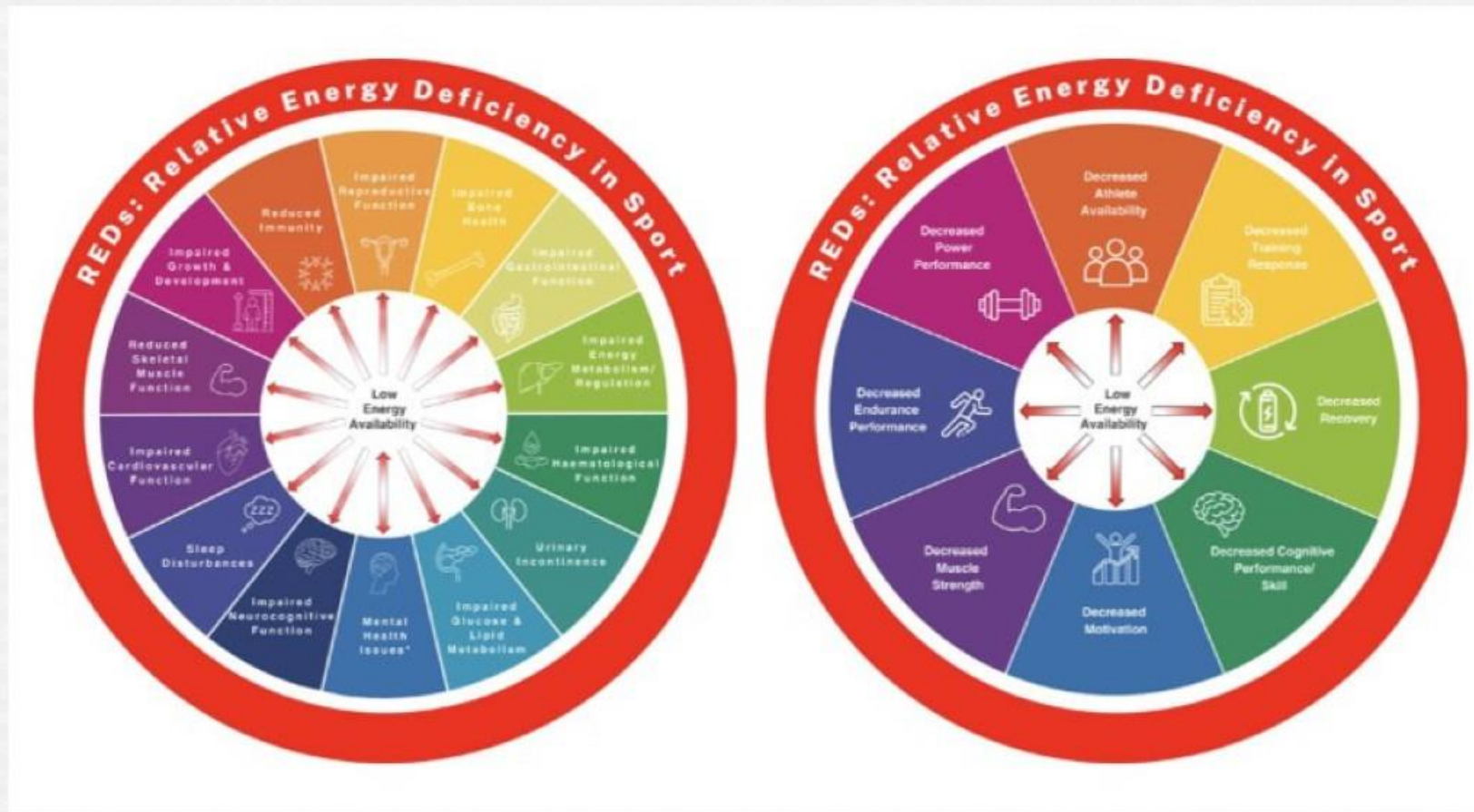
# Why is nutrition important?



## Statistics:

- Up to 70-80% of youth athletes exhibit symptoms of REDs
- Long term LEA = negative health & performance outcomes
- Reduced peak height, BMD, prolonged recovery, poorer mental health outcomes

# Why?



## Statistics:

- Swimmers are more at risk due to training load & aesthetic nature of sport
- Youth athletes are at an increased risk due to your training load & increased growth & energy demands

# Training & Menstrual Cycle

## Key Points:

- At the mid-point of your cycle you're more likely to be prone to injury
- Try to work out what intensity level of training is best for you at different points in your cycle
- Add vitamin C to your diet to support with repair and recovery (this can come from – Oranges, Peppers, Broccoli & Strawberries)
- You may experience fatigue, feelings of clumsiness or reduced coordination during your cycle. If you do, you can try - including carbohydrates during any training you do to see if this helps & increasing the length of your warm-up the week before and the week of your period
- Tracking your cycle can help you identify when in your cycle you are training well, recovering better or feeling stronger. It can also help you better understand where you get any symptoms within your cycle.

## Conversations with Coaches Key Points:

- If you feel comfortable, let your coach know when you are coming up to or have your period so they can taper your training load. To make this conversation more comfortable, agree to have your parent there with you