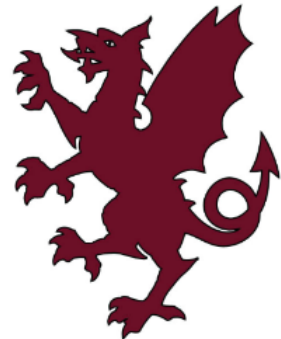




# NUTRITIONAL INTAKE FOR SWIMMING

DANIEL ALCOCK



## Somerset ASA

~ Founded 1902 ~

Affiliated to Swim England South West Ltd



# DANIEL ALCOCK

**SENR SPORTS & EXERCISE NUTRITION**  
**BSC & MSC SPORTS & EXERCISE NUTRITION**





# Today Focuses

**DAY TO DAY FUELLING**

**TAILORING NUTRITION FOR UPCOMING COUNTY CHAMPS**

**FUELLING DESPITE NERVES**

**SNACKS**



## Group Discussion

**Do you think about  
fueling for  
swimming?**



**What food is normally  
on offer at a  
Competition?**

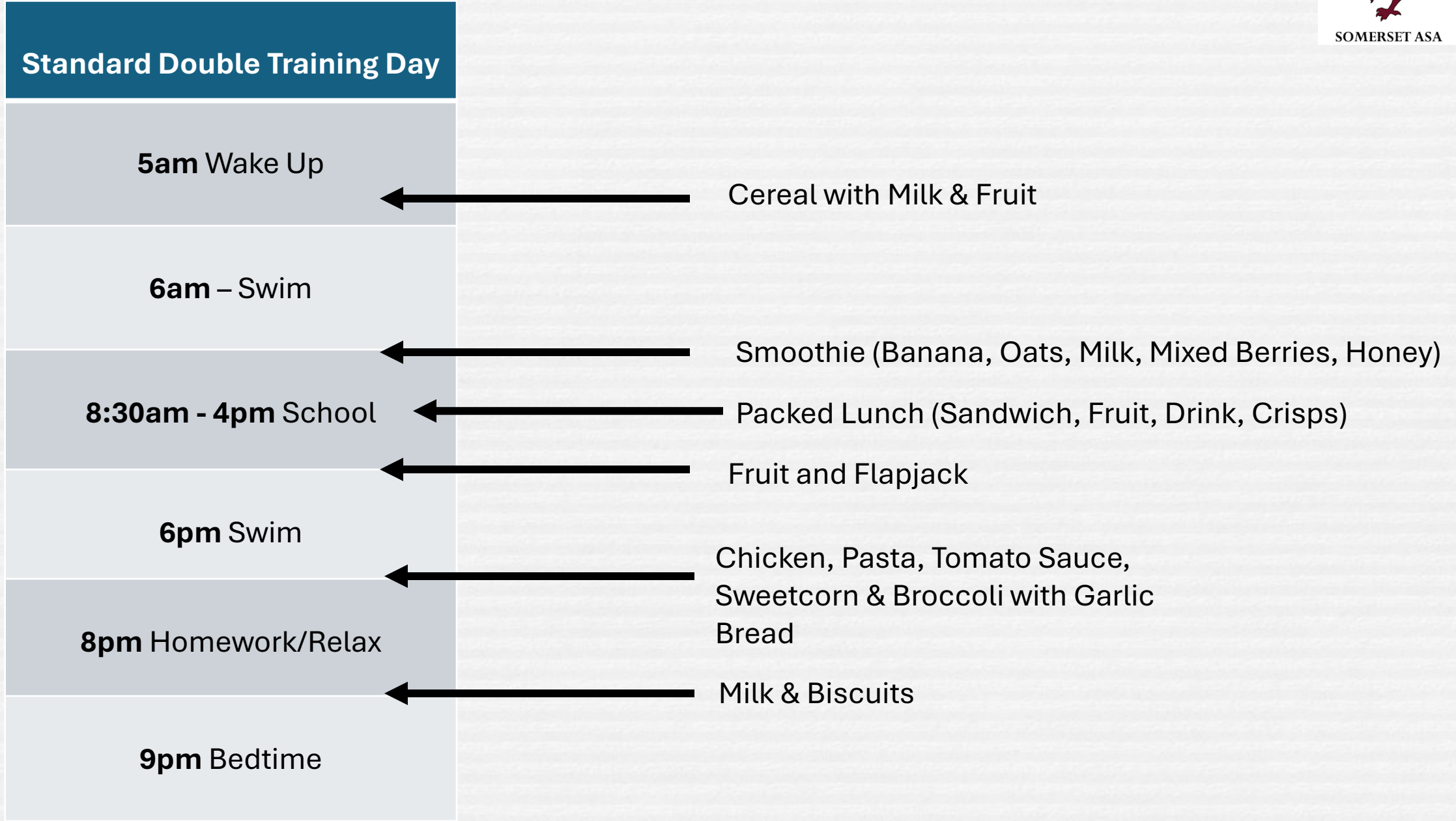


## Class Discussion

**Why is nutrition important for swimmers?**



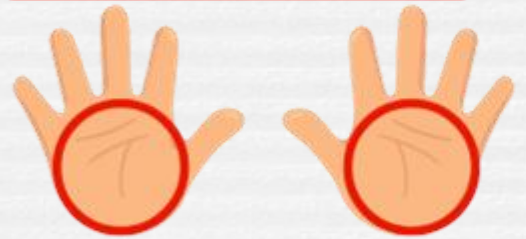
# Example: Nutrition Timings



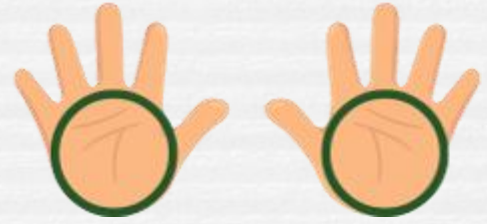
Carbohydrates (1-4g/kg/bw)  
2-3 Palms of Carbohydrates



Protein (0.4g/kg/bw)  
1-2 Palms of Protein



Fruit & Veg  
1-2 Palms of Fruit & Veg



Fluid  
2-3 Cups of Water



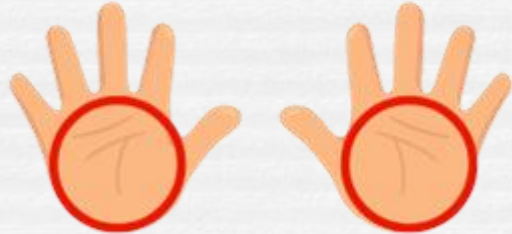
1/4 Chicken, Rice, Cucumber, Beetroot, Tomatoes, Bread, Jelly & Tuna Sweetcorn. With 2x glasses of water

# Build a packed lunch that fits this target

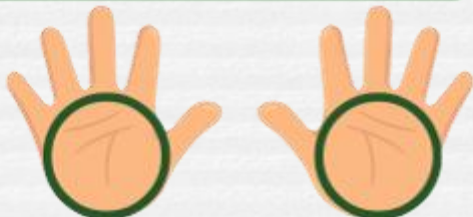
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Protein (0.4g/kg/bw)  
1-2 Palms of Protein



Fruit & Veg  
1-2 Palms of Fruit & Veg



Fluid  
2-3 Cups of Water



# Examples

Do they meet our targets?



# What about for breakfast?

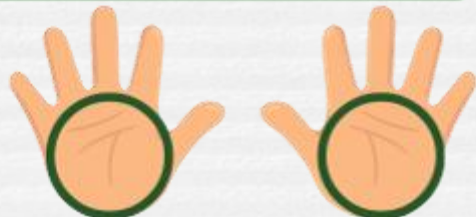
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Fruit & Veg  
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Fluid  
2-3 Cups of Water



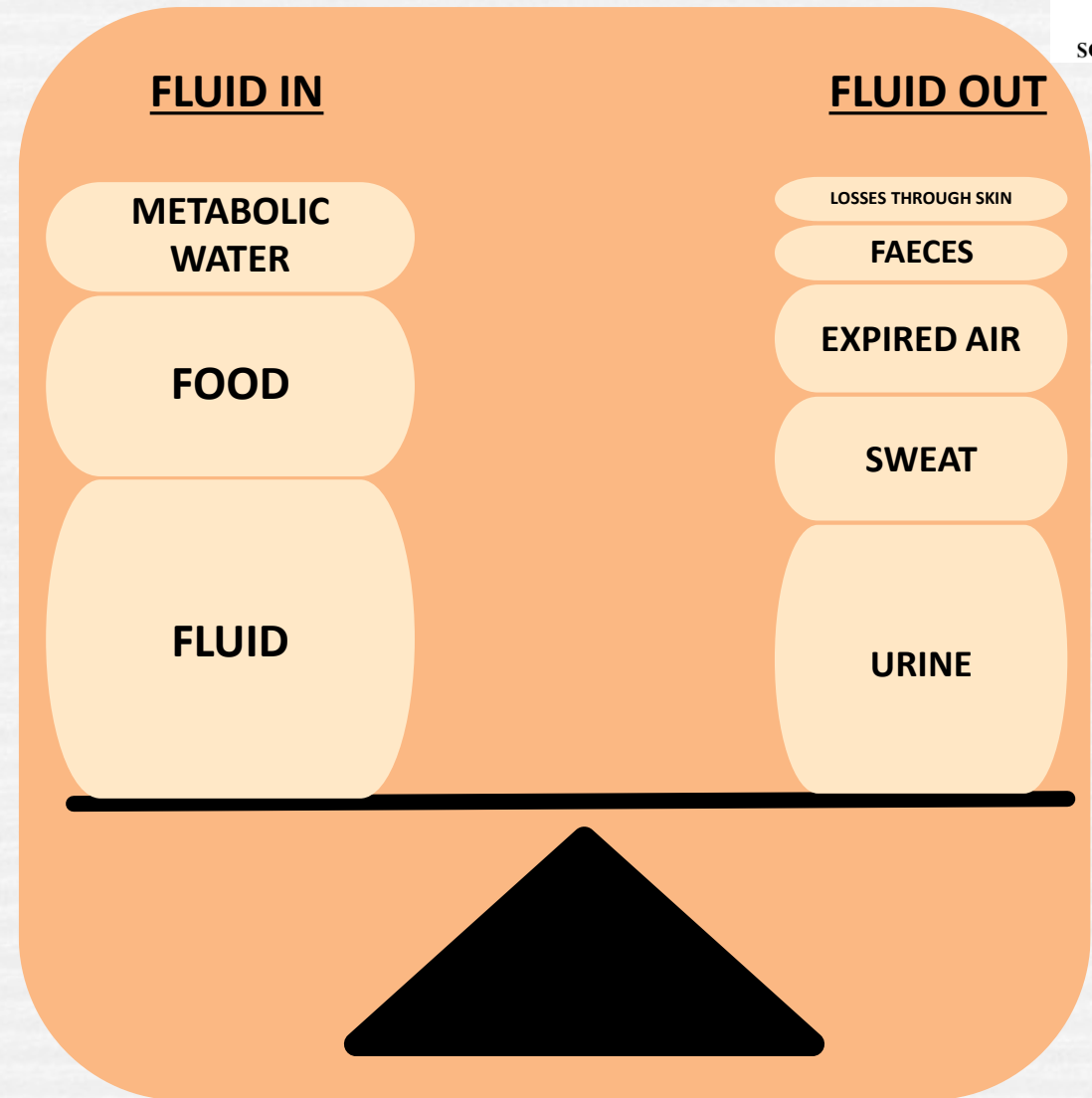
Hint: You don't need to get up super early



# What makes up our hydration status?

Aim for around 2L of water per day

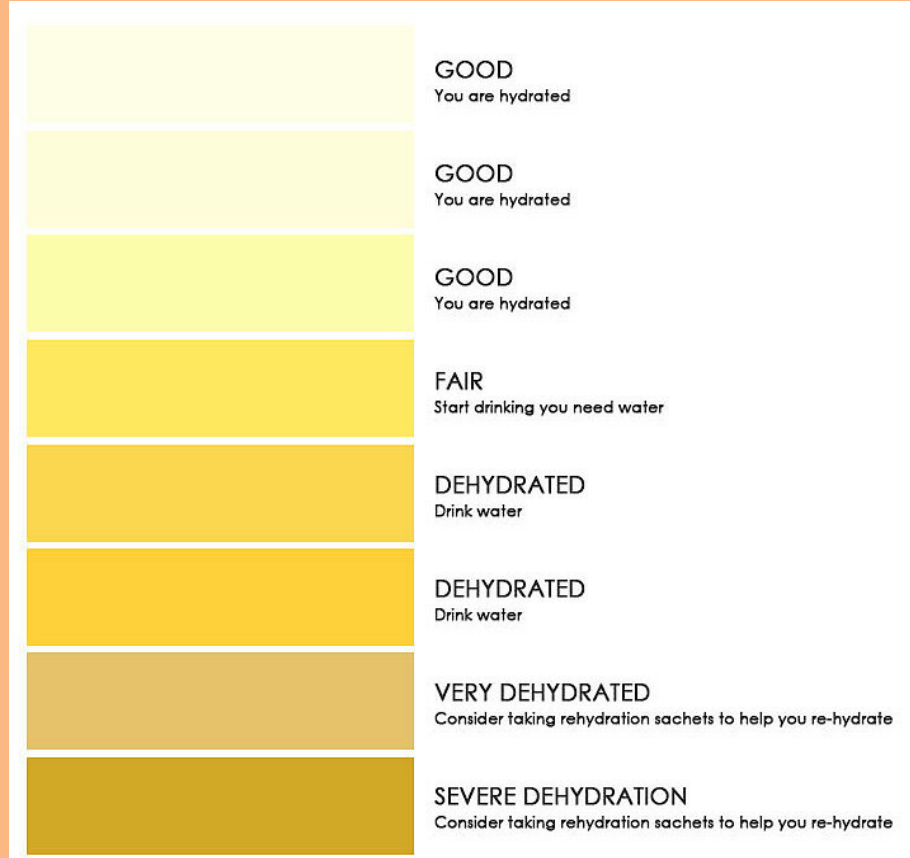
A 2% dehydration can impact exercise performance by 10%!



# Measuring our hydration status



Pinch Test - Can show hydration  
quickly!



Hydration Chart - Keep your pee between 1 & 3



13 and a 1/2 Standard Cups !!!



SOMERSET ASA



# Warning Signs



Much like the warning signs in a car, your body has warning signs that you shouldn't ignore too:

- Persistent tiredness
- Low energy & reduction in Sports Performance
- Injuries (particularly recurring ones)
- Persistent illness (coughs and colds)



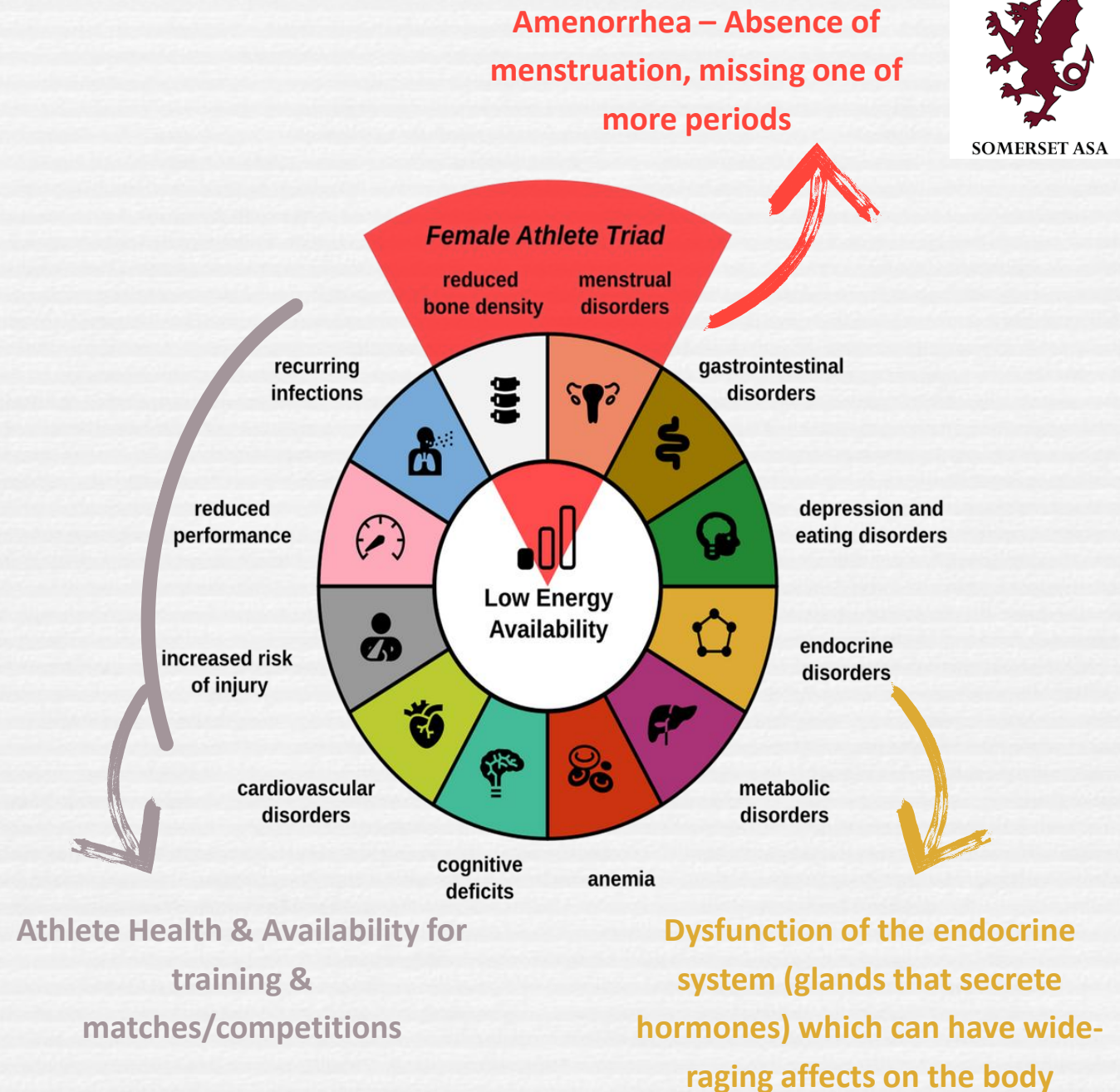
**64%**

of female runners aged 20 to 30 are at risk of REDs - which can be as a result of poor pre & post exercise nutrition

# What is REDs

**RED-s** is a condition of low energy availability that has serious consequences for health and sports

**Relative Energy Deficiency** comes from an extended period of low energy intake (below your energy requirements)



# Any Questions?



- 1) Meets nutritional targets**
- 2) Enjoy the food**
- 3) Doesn't need to be expensive and/or take loads of time**

# County Champs



- 1) Familiar (Practice)
- 2) Carb & Protein Dense
- 3) Fluid
- 4) Low Fibre
- 5) Low Spice
- 6) Grazing







What if I'm  
nervous?

# You are the Nutritionist



WORK WITH THE PERSON NEXT TO YOU (5 MINS THEN SWAP)

**WHAT DO THEY STRUGGLE WITH NUTRITIONALLY (IS IT DAY-TO-DAY OR ON COMP DAYS)**

**WHAT LOW EFFORT INTERVENTIONS CAN YOU PUT IN PLACE.**

**EXAMPLE - SWIMMER STRUGGLES WITH FUELLING AFTER SESSIONS IN THE MORNING BEFORE SCHOOL.**

CAN THEY BRING SOMETHING FROM HOME TO HAVE WHEN GOING FROM POOL TO SCHOOL

**EXAMPLE - SWIMMER STRUGGLES WITH NERVES ON COMPETITION DAY SO DOESN'T EAT, THEN STRUGGLES WITH ENERGY AT THE END OF THE DAY.**

CAN THEY PRACTICE THEIR FUELLING PRE COMP, HAVE MORE OF A FOCUS ON THE DAY BEFORE COMP DAY & THEN GRAZE ON LITTLE AMOUNTS DURING THE DAY

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# Next Time -

**PLEASE TAKE A SNACK EACH.**

**ANY QUESTIONS THAT YOU THINK OF PLEASE REFER ON TO ISABEL BLIGHT.**

**PRESENTATION ON SUPPLEMENTS & SOCIAL MEDIA**