

Eating for training and competition

Phase 1

Today:

- Key aims of training.
- How nutrition can support health and performance.
- Sources of key macronutrients and micronutrients.
- Timings for training and competition.
- How you should plan a competition.
- Competition strategies.

Key aims of training

- Improved skill
- Increased aerobic fitness
- Increased anaerobic fitness
- Increased strength
- Increased power



Leading to:

IMPROVED PERFORMANCE



How do these support your training and sources?

Vitamins and Minerals

Calcium

Iron

Omega 3

Vitamin D

Carbohydrates

Proteins

Sources: Vitamins and Minerals

Vitamins and Minerals

Calcium

- Dairy
- Dark leafy green vegetables
- Fortified Dairy alternative



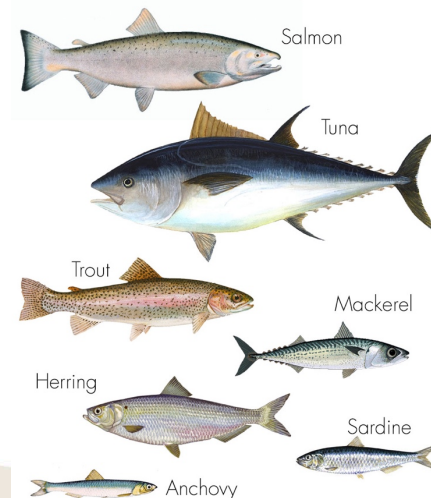
Iron

- Red meat
- Dark leafy green vegetables



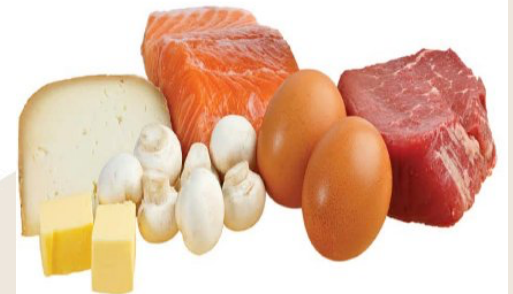
Omega 3

- Oily fish (salmon, tuna, mackerel, anchovies, sardines)
- Seeds (flaxseeds, chia seeds)



Vitamin D

- Sunlight
- Oily fish (salmon, tuna, mackerel, anchovies, sardines)
- Egg yolk
- Dairy
- Mushrooms



Sources: Carbohydrates

Carbohydrates

Grains

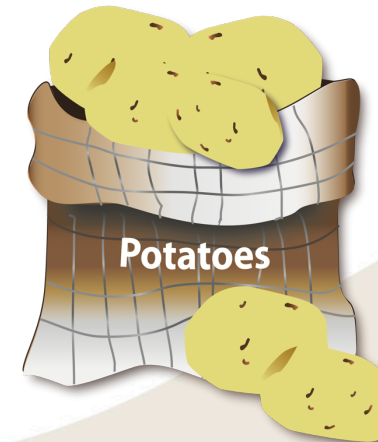
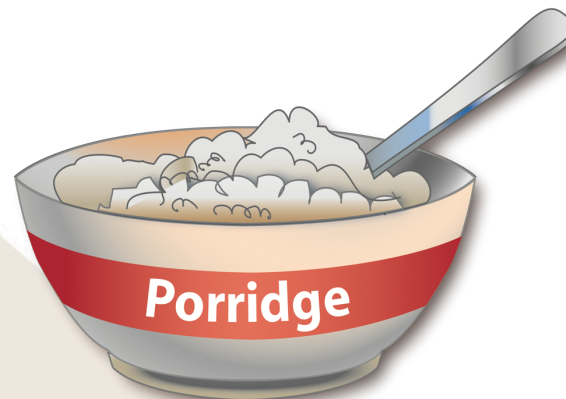
- Rice
- Quinoa
- Pearl Barley
- Cous cous
- Bulgar Wheat

Pasta

Seeds / Grain breads / bagels etc

Potatoes

Cereals



Sources: Proteins

Proteins

Dairy

Eggs





Meat / Fish




Nuts and Seeds

Beans, Lentils,
Pulses



Timings

Small mixed meal	Light / Small carbohydrate meal		Fast releasing carbs
	Soreen or Flapjack etc.		e.g. dried fruit
			
2 - 4 hours before	1 hour before		30 - 60 minutes

Protein	Carbohydrates	Mixed Meal
		
Post Race	Post Race	1 – 2 hours post swim down

Example Recovery Snacks

Training (Home)

- Soreen (2x 1cm slice)
- Milk (1 pint)



CHO – 73g | Pro – 25g | Fat – 11g

Training (Home)

- Longley Farm Pineapple Cottage Cheese (250g)
- Homemade flapjack (52g)



CHO – 46.5g | Pro – 26.6g | Fat – 24.4g

Planning and Packing: Competition / Training camp

Plan to take food in case there are poor choices available or your hotel is a long way from pool or the break between sessions is short:

- Breakfast cereal (Weetabix, Oat So Simple pots / sachets)
- Canned snack pack fruits
- Dried fruits
- Nuts and seeds
- Instant noodles
- 9 Bars / Naked bars
- Concentrated fruit juice (cordial)



Recovery Snack comparison

Training (Home)

- Soreen (2x 1cm slice)
- Milk (1 pint)



CHO – 73g | Pro – 25g | Fat – 11g

Competition (away from home)

- Apple (2x medium)
- Orange (2x medium)
- Flavoured tuna pot (80g)



CHO – 57g | Pro – 10g | Fat – 10g

Recovery Snack comparison

Training (Home)

- Longley Farm Pineapple Cottage Cheese (250g)
- Homemade flapjack (52g)



CHO – 46.5g | Pro – 26.6g | Fat – 24.4g

Competition (away from home)

- Mixed dried fruit (30g / 1x handful)
- Mixed nuts (1/2 cup or 60g)



CHO – 26g | Pro – 14g | Fat – 28g

Snacks and Recovery: Carbohydrate options

- Ryveta
- Rice cakes / Flapjacks
- Instant oats / Porridge pots*
- Dried Fruit
- John West Steam Pot
- Food Doctor Couscous Pots*
- Itsu Noodle Soup*
- Merchant Gourmet Ready to Eat grains
- Merchant Gourmet Ready to Eat snack pots
- SportKitchen* (www.sportkitchen.com)



Snacks and Recovery: Protein options

- Nut butters
- Nuts / Trail mix
- Beef Jerky
- Tinned mackerel / sardines
- Tinned tuna (no drain)
- Portion sized nut and seed tubes e.g. Wyldsson.com



Added extras

Tastes of home

- Ground flaxseeds / chia seeds
- Cinnamon / Nutmeg
- Honey (individual sachets)
- Marmite / Vegimite
- Individual jam sachet
- Cordial / Robinsons Squash'd



Equipment

- Flask for boiled water
- Washing up wand
- Tupperware tub
- Zip lock bags
- Plastic knife and fork



Planning for Racing

- What factors do you need to consider?

Planning for Racing

- Hotel food
- Hotel facilities – fridge, microwave, dedicated team meal room
- Pool options – café / vending machines / water fountains
- Local supermarket
- Local shops for essential supplies
- Locations of restaurants / lunch choices

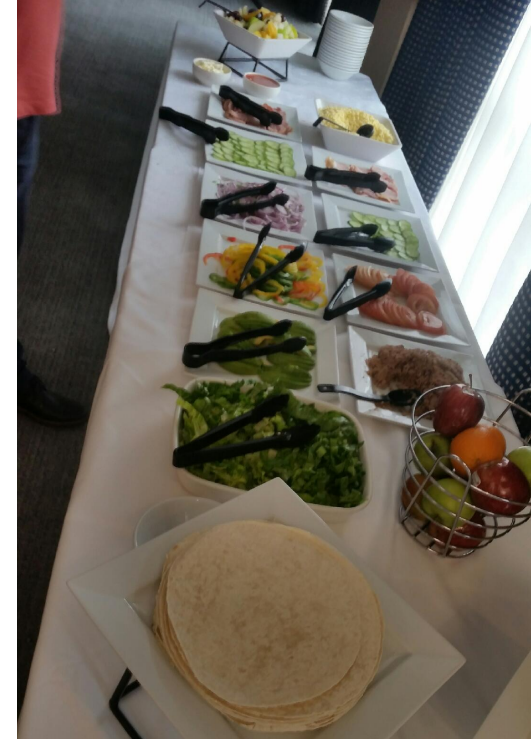
Typical Hotel Breakfast

- High fat
- Highly processed at times
- Limited choices
- Poor quality
 - Carbohydrate
 - Protein



Team catered / Hotel contacted prior to visit

- High quality carbohydrates and protein
- Healthy fats
- Whole foods



Prepare for your trip

FOOD IDEAS FOR SHEFFIELD

Sheffield

STRADA

wagamama

Zizzi

NOURISH
HEALTHY FAST FOOD

cosmo
Pan Asian and World Banquet Dining

PICCOLINO
ITALIANO

CAFE ROUGE

M&S Foodhall

Sainsbury's Local

Edo Sushi (takeaway)

Marmadukes Café & Deli
– Good Coffee!

Mamas & Leonies (Italian)

Vero Gusto (Italian)

Tamper Coffee Shop

TESCO

10min walk to Tesco from pool

3min drive to big Asda

ASDA

POOL

Take your snacks and supps with you

Don't rely on the Ponds Forge café – it's terrible!

Every restaurant has good options and poor options – you make the choice

Nourish (wraps & rice boxes)
California Fresh (burritos)
Med Food Co (wraps and rice boxes)
Wagamama (noodles and rice)
Zizzi (Italian)

Questions

Thanks for listening

