



Race Day Fuel



Everyone has a different approach when it comes to fueling for race day and healthy snacks to keep on hand during the meet. Having a strategy and an execution plan can remove doubt and worry about hunger, energy levels, and digestive issues, and keep you focused on the race at hand.

Here are a few guidelines for smart eating and snacking for race day.

1. **Eat a good balanced breakfast.** Breakfast at home or on the road is the metabolism boost every swimmer needs to start the day off right. If the meet is in the morning you may opt for a light breakfast. If you know you have more than 2 hours of time before the start of the meet or an afternoon meet opt for a heavier breakfast.

Light Meal Ideas:

1. Instant oatmeal with skim/low fat milk
2. Whole wheat toast with peanut butter and fruit
3. Cereal with skim/low fat milk
4. Yogurt and fruit



Heavier Meal Ideas:

1. Whole wheat toast with peanut butter, eggs, milk
2. Whole wheat waffle with peanut butter, and fruit
3. Breakfast sandwich – whole wheat bread/bagel, eggs, cheese, veggies.

2. **Pack Snacks.** Use snack packs to take to the meet to stay fueled. These are key items that will keep swimmers fueled to perform their best. It's better to have variety and options to choose from for those picky eaters.

- a. Fruits – variety
- b. Veggies
- c. Carbohydrate source (main fuel of the athlete)
 - i. Whole wheat crackers
 - ii. Whole wheat bread with peanut butter and/or jelly
- d. Trail mix – good mix of nuts and dried fruit (avoid the candy versions)
- e. Protein
 - i. Beef jerky
 - ii. Sandwich meat –chicken, turkey slices
 - iii. Cheese
 - iv. Nuts



3. **AVOID all sweets during the meet.** Fueling swimmers with cookies and candies will only provide them with quick, useless sugar energy causing them to crash and become sleepy and lethargic. This will prevent your swimmer from performing at their best.

4. **Drink plenty of fluids.** This is huge! Small decreases in hydration status can decrease performance. Make sure you pack plenty of water. Sports drinks may be appropriate for some swimmers but water is always best. **Avoid all soft drinks and juices.**



Take Home Points:

1. Eat a good breakfast to kick start your metabolism and get the motor revving.
2. Bring plenty of healthy quick easy snacks including: fruits, veggies, whole grains, and some protein
3. Drink plenty of water and stay hydrated during the event
4. Avoid all soft drinks and sugary drinks, as well as sugary snacks

**Remember race day is your swimmers moment to race and have fun.
We want them to be fueled properly for their best performance.**

Any questions please feel free to ask Coach Jill