

Before Training and Competition

Preparation is the key to effective performance. You need to eat a carbohydrate rich meal (containing 75g carbohydrate) 3- 4 hours before exercise.

Examples of meals that contain high levels of carbohydrates are:

- Pasta
- Rice
- Jacket Potatoes
- Home made chips
- Baked beans
- Cereals
- Low fat yoghurt
- Custard

You will need to top up your carbohydrate stores 1 hour before you swim.

Some snacks containing 50g carbohydrate are:

- Lucozade Sport (800ml)
- Ribena Blackcurrant drink (350ml ready to drink)
- Jaffa cakes (×6)
- Digestive Biscuits (×5)
- Jelly babies/ beans (65g)
- Turkish Delight (65g)
- Lucozade sport energy bar & a banana
- Lucozade sport carbo gel & 8 dried apricots
- Milkshake (400ml)
- Banana smoothie (2 small bananas & ½ pint milk)
- Toast (3 medium slices wholemeal bread)
- Toast & honey (2 medium slices wholemeal bread & 2 tsp.

honey)

- Sandwich (3 medium slices wholemeal bread & lean meat)
- Fruit (3 pieces)
- Tomato soup & roll (1 tin soup & large wholemeal roll)
- Rice Pudding (1 tin low fat rice pudding)
- Cereal & milk (3 shredded wheat ½ pint milk)
- Fruit scones (×2)

If you are early morning training eat a slow release carbohydrate just before going to bed e.g. apples, pears, cereals and try to eat something from the above list about 15 minutes before you begin training.

