



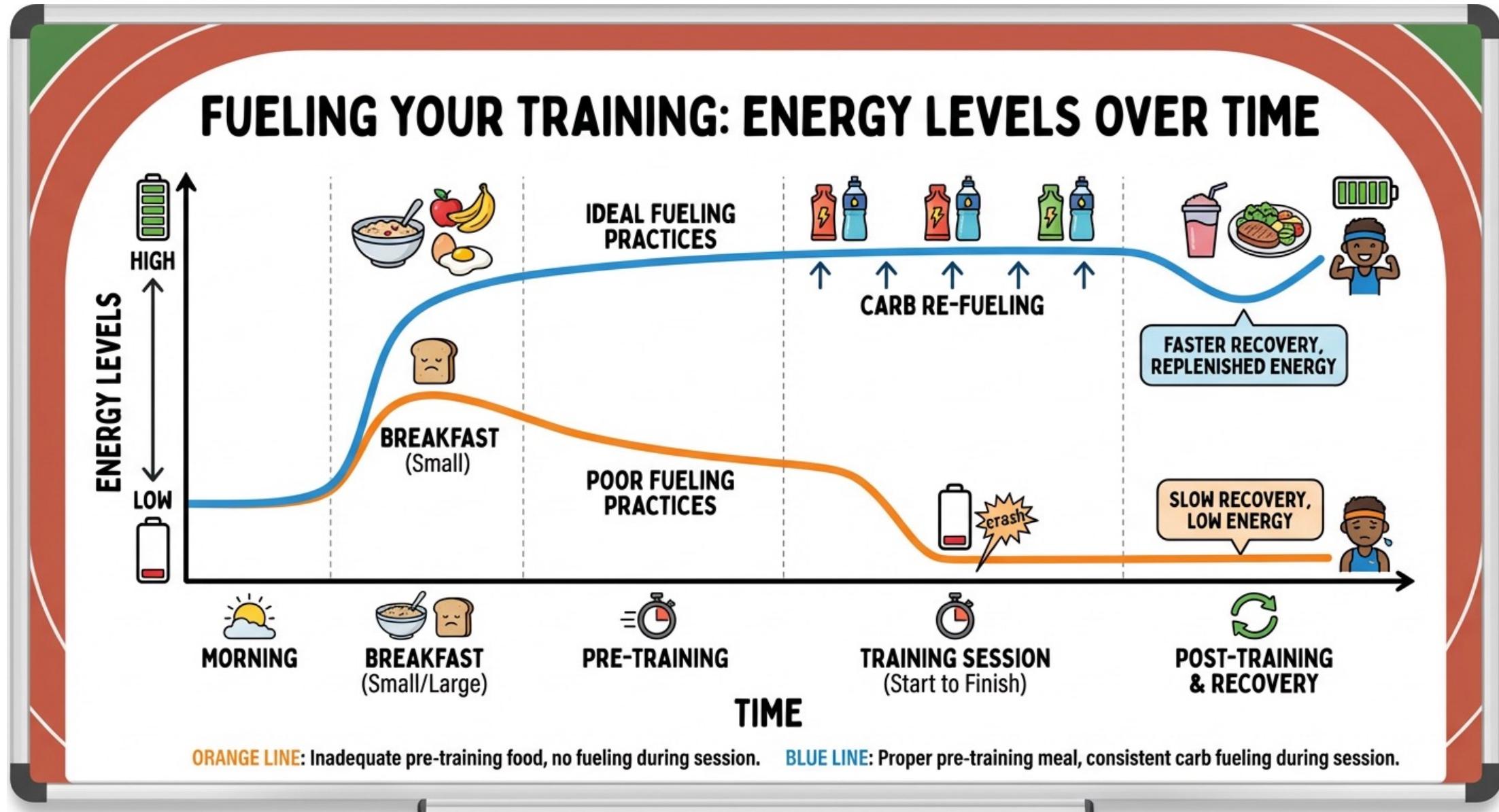
Nutrition Habits That Can Separate Good from Great

Top Nutrition Reminders for this Week! 💪

Catherine Naulleau, RD, Sport Dietitian
Canadian Sport Institute Ontario

1

Fuel Each Session Properly

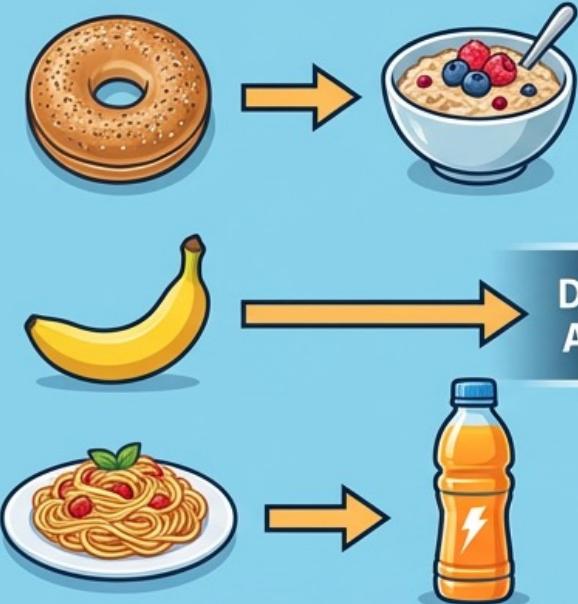


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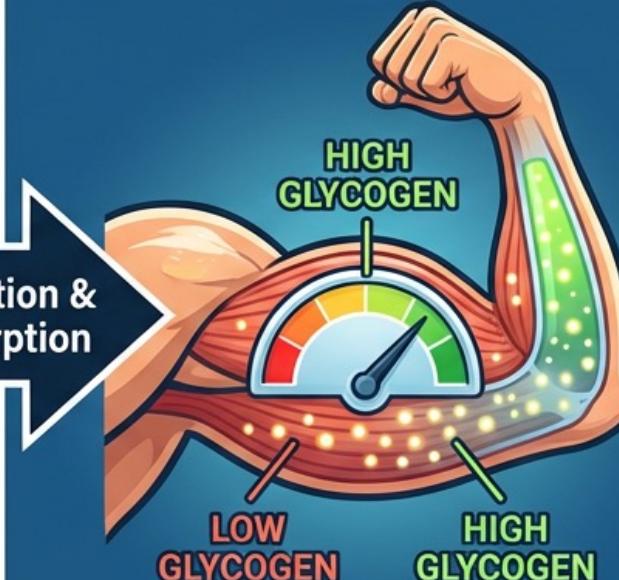
Carbohydrates Are Training Equipment

CARBS → GLYCOGEN → PERFORMANCE: Fueling Your Swim Training

1. FUEL UP
(High-Carb Intake)



2. FILL THE TANK
(Muscle Glycogen Storage)



3. PEAK TRAINING
(Sustained Energy)



Consistency is Key: Regular high-carb meals build and maintain glycogen stores for every practice.



EARLY-MORNING SWIMMER'S FUEL: 3 HIGH-CARB BREAKFASTS



1. THE "BAGEL POWER" STACK (Sustained Energy & Digestible)



- **Whole Wheat Bagel:** Complex Carbs for steady release
- **Banana Slices:** Quick Carbs & Potassium
- **Cream Cheese/Nut Butter:** Moderate Fat for Satiety
- **Orange Juice:** Quick Carbs & Hydration

Ideal for: Solid fuel, easy digestion before getting in the pool.

2. THE "PREP-AHEAD" OVERNIGHT OATS (Balanced & Ready-to-Eat)



- **Rolled Oats:** Complex Carbs & Fiber base
- **Milk/Yogurt:** Protein & Liquid base
- **Chia Seeds & Berries:** Nutrients & Antioxidants
- **Honey/Maple Syrup:** Quick Carb boost

Ideal for: Grab-and-go convenience, balanced energy release.

3. THE "LIQUID LIFT" SMOOTHIE & HYDRATION (Fast Absorption & Hydrating)



- **Fruit Smoothie Base:** Banana, Mango, Yogurt
- **Liquid Base (Juice/Water):** Quick Digestion & Hydration
- **Spinach/Greens:** Nutrient Density without bulk
- **Sports Drink/Coconut Water:** Electrolytes for hydration

Ideal for: Very early starts, gentle on stomach, maximizes hydration.

3

Under-Fueling Shows Up 24–48 Hours Later

THE FUELING DELAY: HOW TODAY'S EATING AFFECTS TOMORROW'S SWIM

DAY 1: PROPER DAILY FUELING (FILLING THE TANK)



MORNING & MIDDAY MEALS
(CONSISTENT INTAKE)



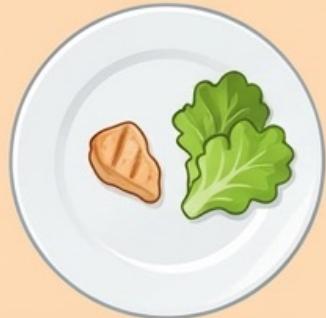
FULL OPTIMAL
GLYCOGEN STORES
(MUSCLE ENERGY)



Result: High
Energy Availability,
Rapid Recovery,
Ready for Next Day.

AFTERNOON/EVENING TRAINING:
ENERGETIC, FOCUSED, STRONG PERFORMANCE

DAY 2-3: UNDER-FUELING SHOWS UP (THE DELAYED DIP)



YESTERDAY'S MISSED OPPORTUNITIES
(INADEQUATE INTAKE, SMALL PORTIONS)



LOW/EMPTY DEPLETED
GLYCOGEN STORES
(FUEL SHORTAGE)



TRAINING SESSION (24-48 HRS LATER):
FATIGUE, HEAVY LIMBS, POOR FOCUS, SLOWER PACES

Symptoms: Chronic
Soreness, Increased
Illness Risk, Mood
Swings, Reduced
Power, Poor Recovery.

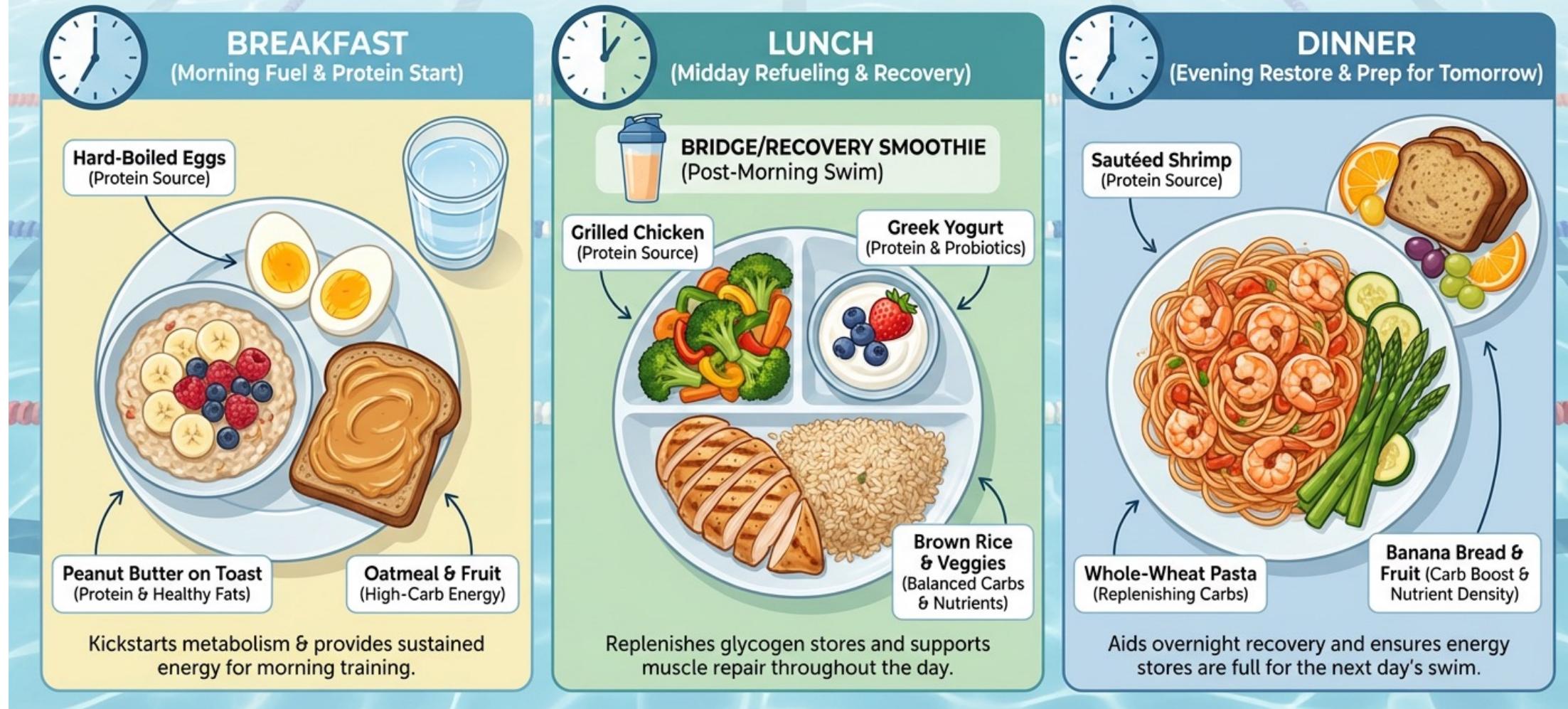
Consequence: Low Energy Availability, Impaired Adaptation,
Increased Injury Risk, Performance Plateau.

24–48 HOUR DELAY

4 Protein Distributed During the Day!

SWIMMER'S DAILY FUELING: CONSISTENT PROTEIN & SMART CARBS

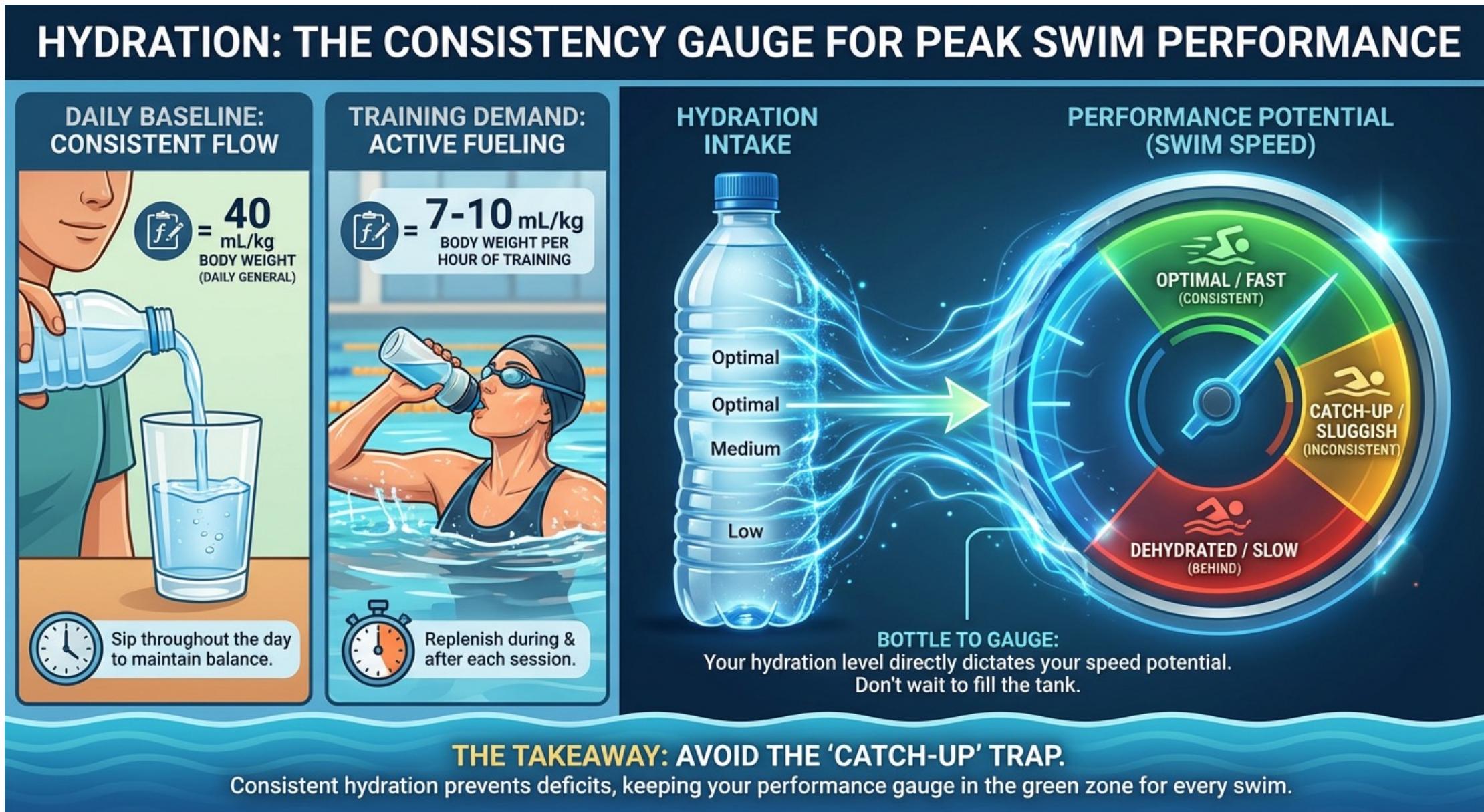
Focus: Protein at Every Meal, Not Just After Training.



5 Recovery Starts On the Pool Deck



6 Hydration Is About Consistency, Avoid Having Catching-Up

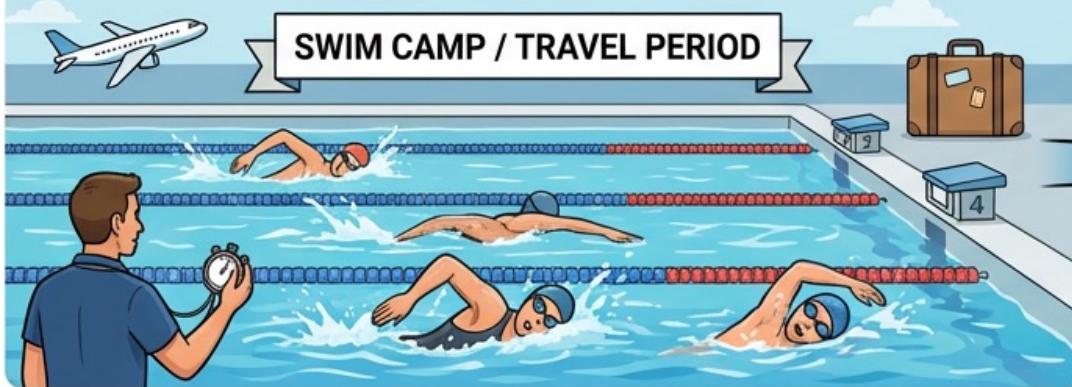


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Travel + Training = Higher Fuel Needs

FUELING FOR INCREASED DEMAND: TRAVEL & INTENSE TRAINING

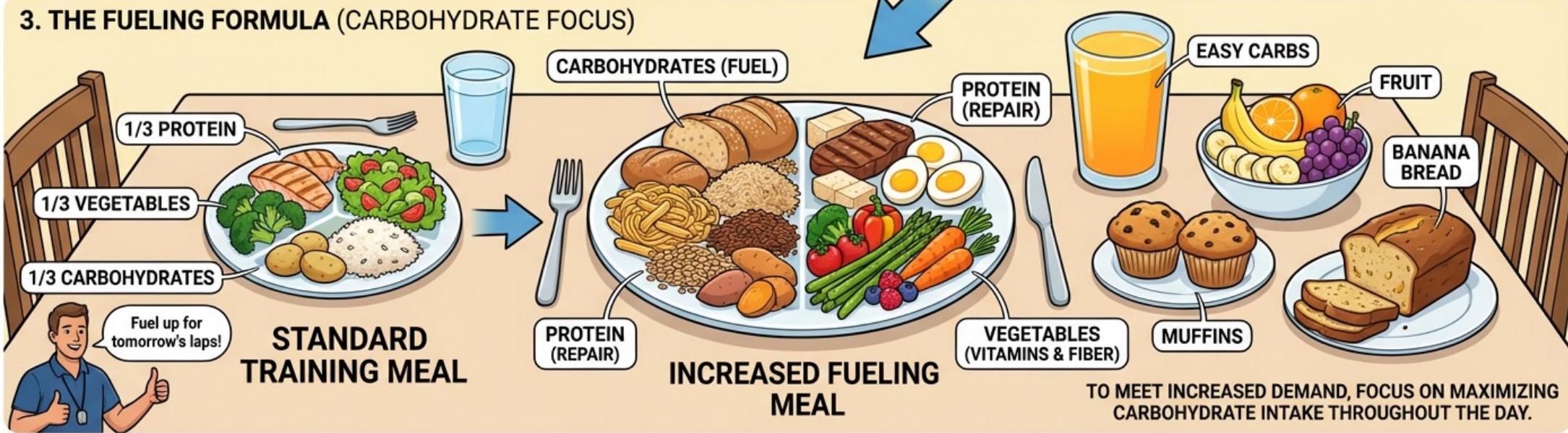
1. HIGH-VOLUME TRAINING & TRAVEL (INCREASED EXPENDITURE)



2. TRANSITION TO MEAL (INCREASED NEEDS)



3. THE FUELING FORMULA (CARBOHYDRATE FOCUS)



Plan ahead – don't wait at the last minute

THE SWIMMER'S NIGHT-BEFORE RITUAL: DON'T WAIT, BE GREAT!

The infographic is divided into two main sections: 'THE NIGHT BEFORE: CALM & PREPARED (SMOOTH SAILING)' on the left and 'THE LAST MINUTE: CHAOS & STRESS (RUSHED & FLUSTERED)' on the right. The left side shows a well-organized room at 9:30 PM with a packed bag, meal prep on the table, and a person sleeping peacefully. The right side shows a chaotic 6:30 AM scene with an awake person frantically searching for gear, missing essentials, and running on fumes. Below these sections is a central message: 'YOUR PERFORMANCE STARTS THE NIGHT BEFORE!' with a flowchart showing the progression from gear prep to fuel hydration to sleep.

THE NIGHT BEFORE: CALM & PREPARED (SMOOTH SAILING)

9:30 PM

GEAR CHECK: PACKED & READY

FUEL & HYDRATION: PREPPED & PORTIONED

RECOVERY: PLANNED AHEAD

REST & RECOVER: QUALITY SLEEP = MORNING ENERGY

THE LAST MINUTE: CHAOS & STRESS (RUSHED & FLUSTERED)

6:30 AM

GEAR PANIC: MISSING ESSENTIALS

FUEL CRISIS: RUNNING ON FUMES

PERFORMANCE DRAIN: LOW ENERGY & POOR RECOVERY

YOUR PERFORMANCE STARTS THE NIGHT BEFORE!

PREPARE GEAR: AVOID THE MORNING HUNT

PREP FUEL & HYDRATION: POWER YOUR PRACTICE

PRIORITIZE SLEEP & RECOVERY: WAKE UP READY TO PERFORM

CONSISTENCY IN PREPARATION = CONSISTENCY IN THE POOL. DON'T WAIT, ELIMINATE THE RUSH!

Choose your supplements wisely

CHOOSING YOUR SUPPLEMENTS WISELY: TRUSTED 3RD PARTY TESTING

1) INFORMED CHOICE & INFORMED SPORT



Rigorous testing for banned substances in supplements & ingredients. Certified products are regularly tested.

2) NSF CERTIFIED FOR SPORT



Independent testing to ensure product contents match the label & are free of banned substances.

3) BSCG (BANNED SUBSTANCES CONTROL GROUP)



Gold Standard in third-party certification for banned substances & label claims.



BEWARE OF FALSE ADVERTISEMENT ON LABELS!



ALWAYS LOOK FOR THE OFFICIAL CERTIFICATION LOGOS ON THE PRODUCT PACKAGING BEFORE CONSUMING!