

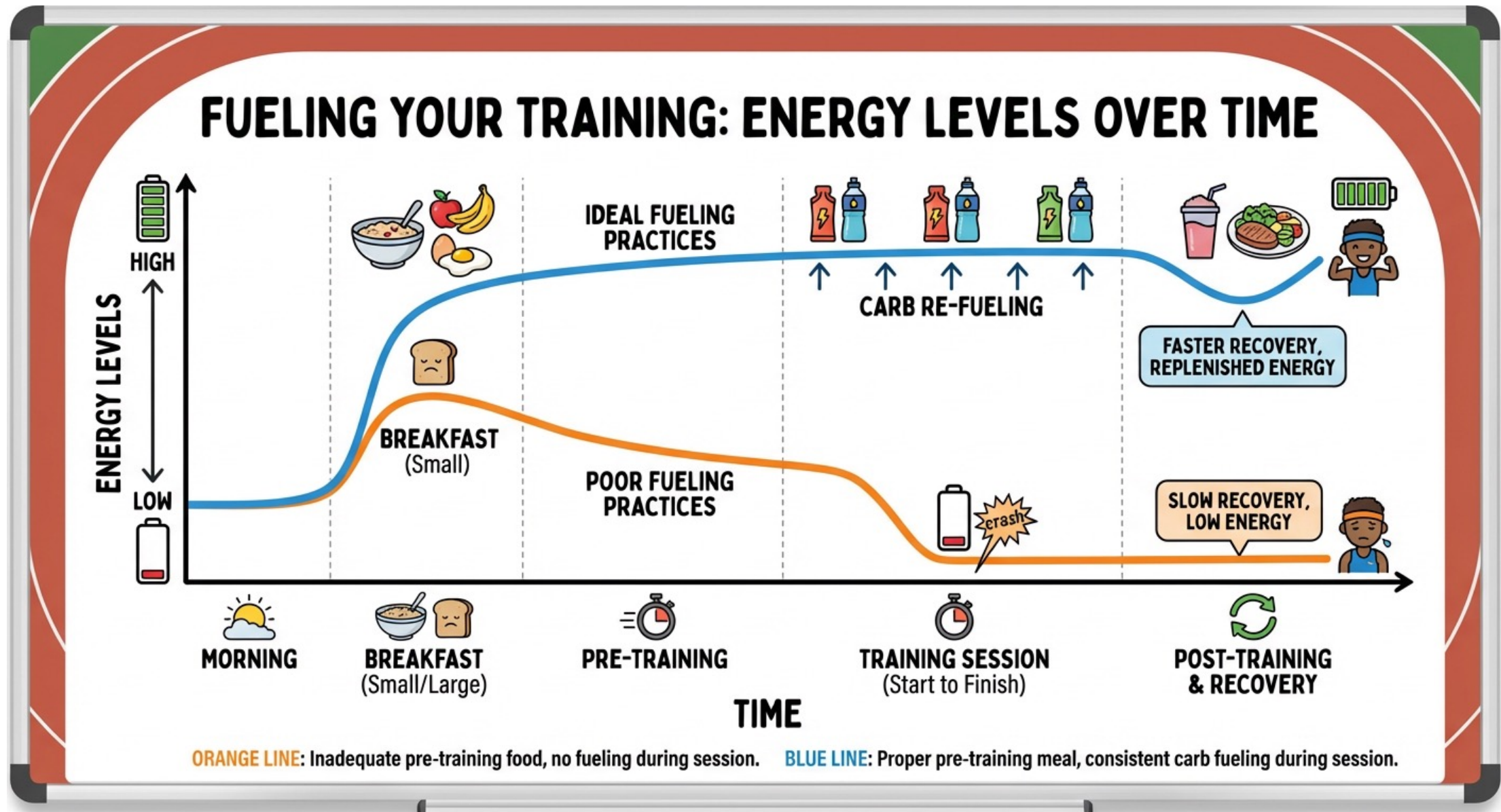


Nutrition Habits That Can Separate Good from Great

Top Nutrition Reminders for this Week! 💪

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Canadian Sport Institute Ontario

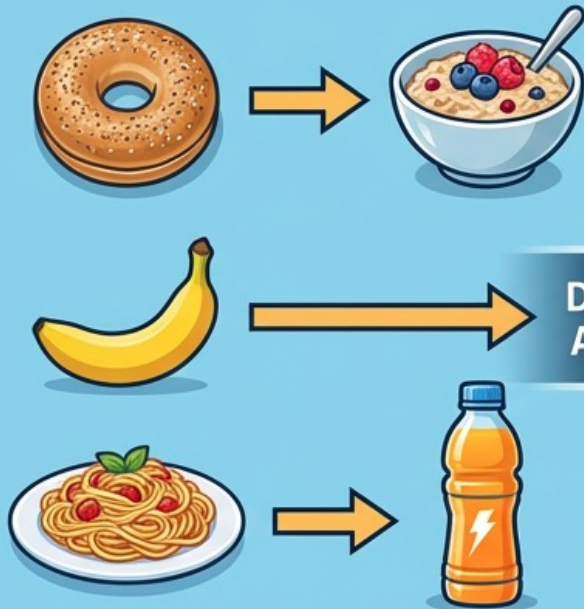
1 Fuel Each Session Properly



2 Carbohydrates Are Training Equipment

CARBS → GLYCOGEN → PERFORMANCE: Fueling Your Swim Training

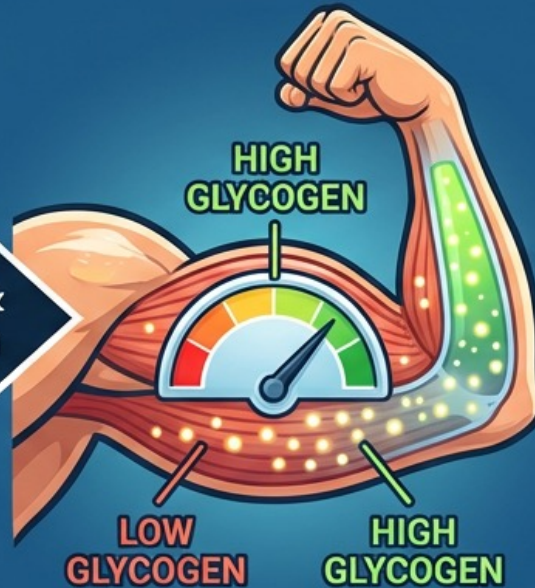
1. FUEL UP (High-Carb Intake)



Complex & Simple Carbs are broken down into **Glucose**.

Digestion & Absorption

2. FILL THE TANK (Muscle Glycogen Storage)



Glucose is stored as **GLYCOGEN** in muscles (your on-board fuel tank).

3. PEAK TRAINING (Sustained Energy)



High Glycogen levels provide the energy for **INTENSE & PROLONGED** training sessions.

Ready for Action

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)



AFTERNOON/EVENING TRAINING:
ENERGETIC, FOCUSED, STRONG PERFORMANCE

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



24–48 HOUR DELAY

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.

4 Protein Distributed During the Day!

SWIMMER'S DAILY FUELING: CONSISTENT PROTEIN & SMART CARBS

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



BREAKFAST (Morning Fuel & Protein Start)

Hard-Boiled Eggs
(Protein Source)



Peanut Butter on Toast
(Protein & Healthy Fats)

Oatmeal & Fruit
(High-Carb Energy)

Kickstarts metabolism & provides sustained energy for morning training.



LUNCH (Midday Refueling & Recovery)



BRIDGE/RECOVERY SMOOTHIE
(Post-Morning Swim)

Grilled Chicken
(Protein Source)



Greek Yogurt
(Protein & Probiotics)



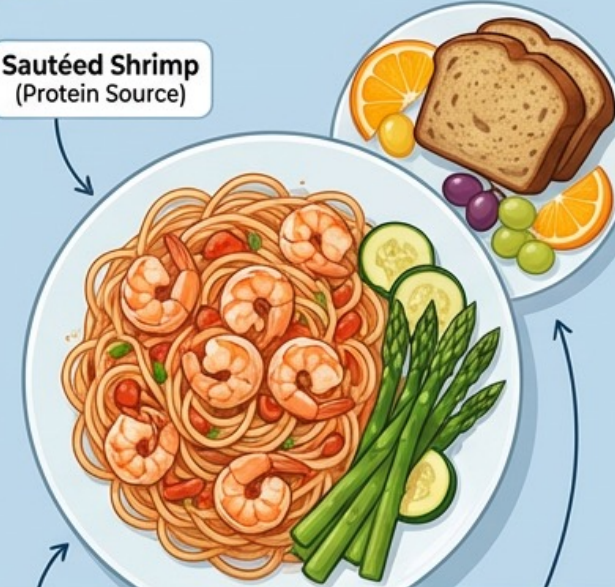
Brown Rice & Veggies
(Balanced Carbs & Nutrients)

Replenishes glycogen stores and supports muscle repair throughout the day.



DINNER (Evening Restore & Prep for Tomorrow)

Sautéed Shrimp
(Protein Source)

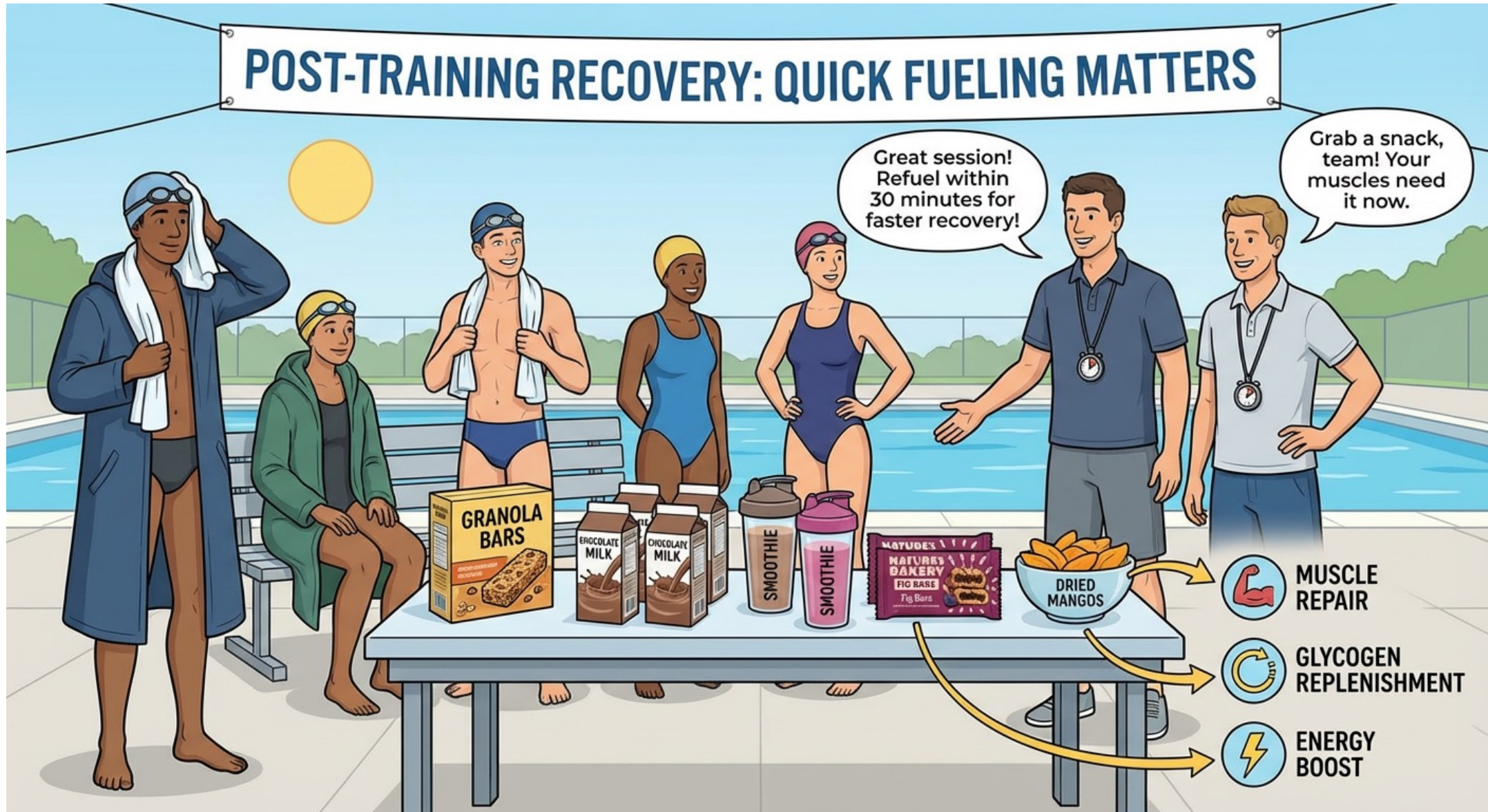


Whole-Wheat Pasta
(Replenishing Carbs)

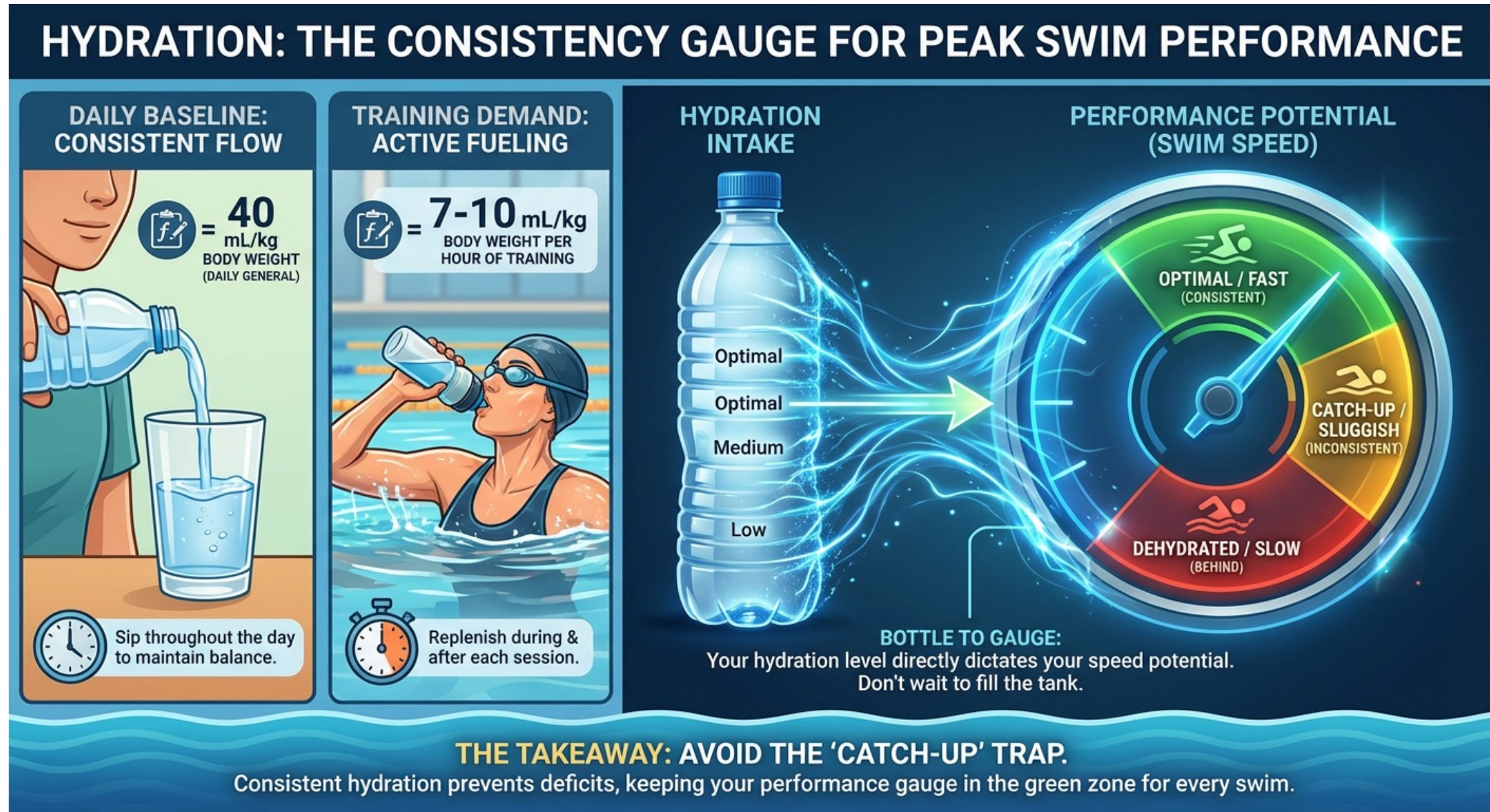
Banana Bread & Fruit
(Carb Boost & Nutrient Density)

Aids overnight recovery and ensures energy stores are full for the next day's swim.

5 Recovery Starts On the Pool Deck

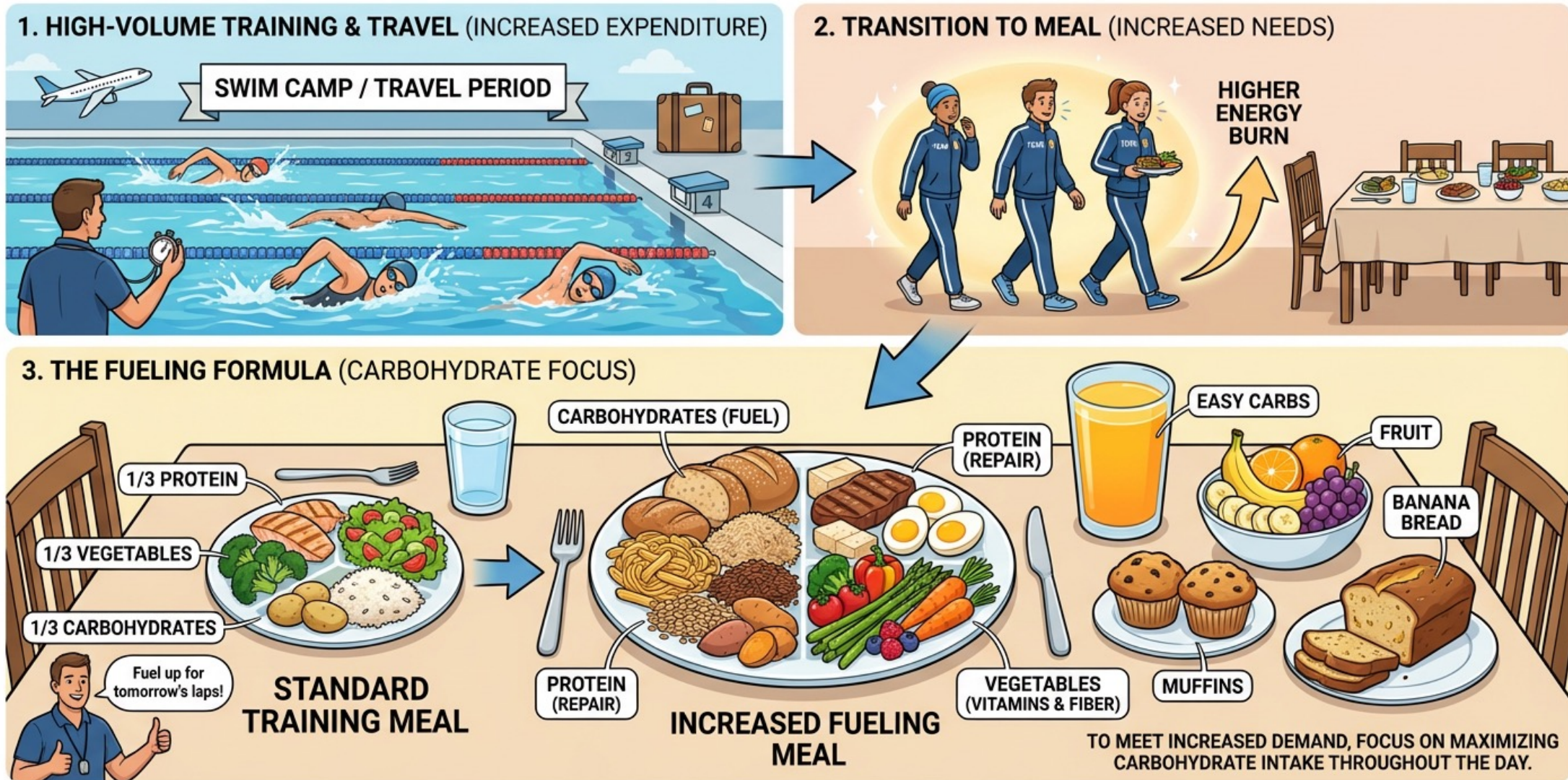


6 Hydration Is About Consistency, Avoid Having Catching-Up



8 Travel + Training = Higher Fuel Needs

FUELING FOR INCREASED DEMAND: TRAVEL & INTENSE TRAINING



Plan ahead – don't wait at the last minute



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!



PROPRIETARY BLENDS



MIRACLE RESULTS!



MIRACLE RESULTS!



CLINICALLY TESTED
(but not certified)



LAB TESTED
(by whom?)



FAST ACTING!

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