



Post-Training and Post-Competition:

Recovery Habits and Tips

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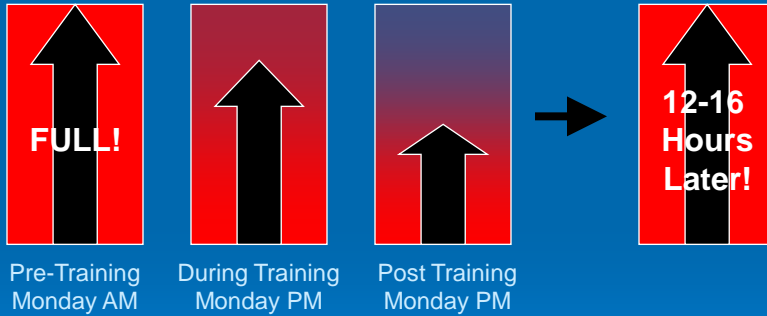
Prepare Your Body Nutritionally for Training and Racing

- Good Nutrition Habits Over Time Positively Influence Training
- Good Nutrition Habits Over Time Positively Influence Racing
- Pre-event Meal is not a “Cure-all”



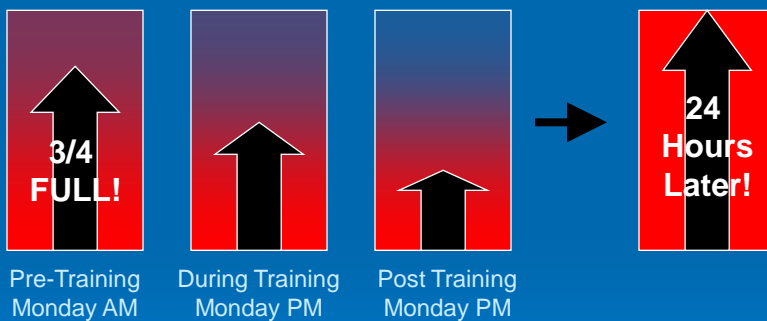
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Good Nutritional Habits



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Poor Nutritional Habits



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Support The Body's Energy Needs

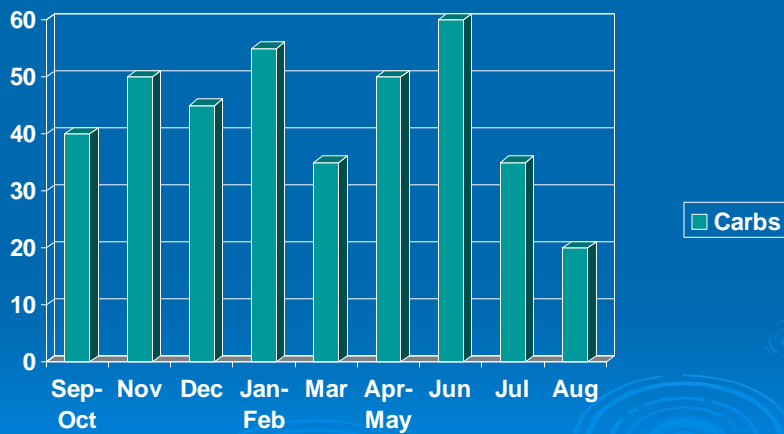
- Consider Volume
- Consider Intensity

“Eat to train, don't train to eat.”



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Year Plan-Eat to Train



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Eat a Well Balanced Diet



➤ Carbs:Protein = 4:1

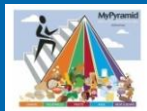
Carbohydrates 60%

Protein 15%

Fat 25%

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Nutrition Foundations...



Eat a Variety of Foods from all Food Groups.



Eat Colorful Foods...Including *Recovery*.



Eat Early and Often...Including *Recovery*.



Drink Early and Often...Including *Recovery*.

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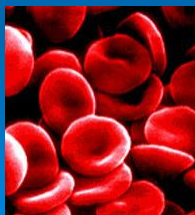
Carbohydrates are the Primary Fuel Source for Swimmers

Carbohydrates

- Secondary fuel for easy activities
- Primary fuel for moderate activities
- Dominant fuel for high intensity activities



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What about Protein?

- Builds and repairs muscles
- Produces hormones
- Supports the immune system
- Replaces red blood cells

Protein is not a source of energy!

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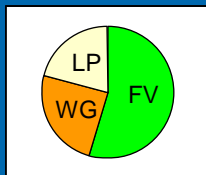
One-fourth of your Calories come from Fat!

- 2.25 the calories
- Low-intensity exercise
- Taste and Satiety



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Daily Nutrition



LP: Lean Proteins

WG: Whole Grains

FV: Fruits and Vegetables

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Good Recovery Habits

Training

- Cool-down after high-intensity training sessions
- Begin the nutritional replenishment process immediately
- Follow up with a meal

Competition

- Cool-down soon after your race.
- High carb-moderate protein snack (4:1) immediately after your race
- Follow up with a meal

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Recovery Tips

Training

- Bring your after practice snack to the pool
- Snack on the way home if the drive is longer than a ½-hour
- Have a healthy, nutritious dinner as soon as you get home

Competition

- Snack immediately after your race and during your cool down
- Eat normal and easily digestible meals
- Regular food, bars and gels and drinks are all acceptable if...

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Nutrition Facts vs. Supplement Facts

Nutrition Facts	
Serving Size 1/2 cup (51.0 g)	
Amount Per Serving	
Calories 237	Calories from Fat 82
% Daily Value*	
Total Fat 9.1g	14%
Saturated Fat 3.6g	18%
Polyunsaturated Fat 1.2g	
Polyunsaturated Fat 3.5g	
Sodium 2 mg	0%
Total Carbohydrate 4.2g	11%
Dietary Fiber 4.2g	17%
Sugars 11.5g	
Protein 5.3g	
Vitamin A 0%	Vitamin C 2%
Calcium 6%	Iron 7%
Nutritional Units 5	
* Based on a 2000 calorie diet	

Supplement Facts		Amount Per Serving		% DV	
Serving Size: 3 Level Scoops (99.9 g)		Folic Acid		200 mcg 50%	
Servings Per Container: 15		Vitamin B12		3 mcg 50%	
Amount Per Serving		% DV			
Calories	370	Biotin	150 mcg	50%	
Calories from Fat	45	Pantothenic Acid	5 mg	50%	
Total Fat	9 g	Calcium	500 mg	50%	
Saturated Fat	1.5 g	Iron	11.9 mg	65%	
Cholesterol	85 mg	Phosphorus	580 mg	58%	
Total Carbohydrate	49 g	Iodine	75 mcg	50%	
Dietary Fiber	9 g	Magnesium	200 mg	50%	
Sugars	3 g	Zinc	7.5 mg	50%	
Protein	46 g	Selenium	39 mcg	50%	
Vitamin A	2500 IU	Copper	1 mg	50%	
Vitamin C	60 mg	Manganese	1 mg	50%	
Vitamin D	40 IU	Chromium	60 mcg	50%	
Vitamin E	15 IU	Molybdenum	37.5 mcg	50%	
Thiamin	10 mg	Sodium	160 mg	7%	
Riboflavin	0.85 mg	Potassium	650 mg	18%	
Niacin	10 mg		2,000 mg	1	
Vitamin B6	1 mg				

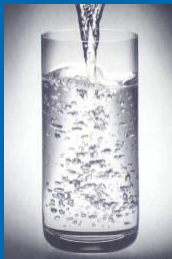
Ingredients: CARBOHYDRATE BLEND (OAT FLOUR AND BAKING POWDER), PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE, EGG ALBUMEN, SODIUM CASEINATE, AND WHEY PROTEIN ISOLATE), COCOA, L-GLUTAMINE, GUM ACACIA, NATURAL & ARTIFICIAL FLAVORS, VITAMIN MINERAL BLEND (DICALCIUM PHOSPHATE, MAGNESIUM OXIDE, ASCORBIC ACID, DL-ALPHA TOCOPHERYL ACETATE, NIACINAMIDE, ELECTROLYTIC IRON, ZINC OXIDE, COPPER GLUCONATE, D-CALCIUM PANTOTHENATE, MANGANESE SULFATE, RETINYL PALMITATE, PYRIDOXINE HYDROCHLORIDE, THIAMIN MONONITRATE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, SODIUM MOLYBDATE, SODIUM SELENITE, CYANOCOBALAMIN, AND CHOLECALCIFEROL), GUM BLEND (CELLULOSE GUM, XANTHAN GUM, AND CARRAGEENAN), SILICA, SALT, AND SUCRALOSE.

APPROVED

DECLINED

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Drink Early and Often



Water weight loss of 2% can impair performance!

Sports Drinks are OK if they are 6-8% Carbohydrates!



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What to eat after training or competition

Body Weight (lbs)	Carbohydrate Required to meet 1.2 g/kg	Drink Examples	Bar Examples	Food Examples
120-150 Lbs	65-85 Grams	35-50 oz. of sport drink OR 2 cans of Carnation Instant Breakfast OR 1.5 cans of Boost or Ensure	1.5 PowerBars OR 1.5 PowerBar Harvest Bars OR 1.5 Clif Bars OR 2-50g packages PowerBar Bites	2 cups apple juice or cranberry cocktail OR 2 servings of low-fat yogurt OR 1 cup dried apricots OR 1.5 PBJ sandwich
160-200 Lbs	85-110 Grams	50-65 oz. of sport drink OR 2.5 cans of Carnation Instant Breakfast OR 2.5 cans of Boost or Ensure	2 PowerBars OR 2 PowerBar Harvest Bars OR 2 Clif Bars OR 3-50g packages PowerBar Bites	2/3 cups of raisins OR 4 cups grapefruit juice OR 2 medium bagels OR 4 slices of watermelon OR 1 bagel w/peanut butter
200+ Lbs	115+ Grams	65+ oz. of sport drink OR 3 cans of Carnation Instant Breakfast OR 3 cans of Boost or Ensure	2.5 PowerBars OR 2.5 PowerBar Harvest Bars OR 2.5 Clif Bars OR 3.5-50g packages PowerBar Bites	8 kiwi fruits OR 2 cups canned fruit salad OR 2 PBJ sandwich PLUS 1 serving of yogurt

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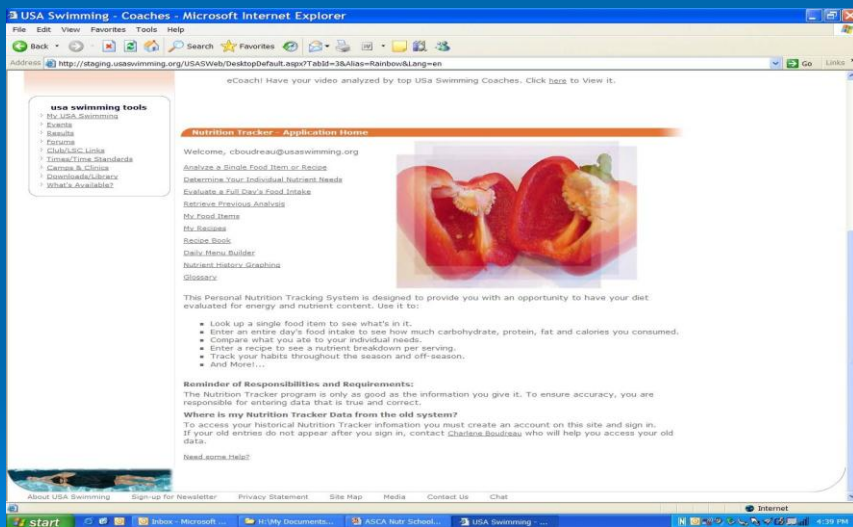
Transition Between Seasons



- Do not eat like an athlete
- Clean out your pantry
- Low intensity alternative or cross-training activities
- Relax

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Try out Nutrition Tracker!



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GO USA!!!



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