

# Preparing for Competition

17.02.20

**Today:**

Sit in teams of 3-4 people (not from your home club or school)

Pens & Notepads out

**Competition Options:**

**What will work for you?**

**What are we thinking about?**

2months away

2weeks away

1week away

When packing...

# Competition Options:

- Breakfast
- Snacking
- Fluids
- Recovery
- Dinner

# Hotel Breakfast

## What time?

**Early:** Eat a light carb based breakfast, plenty of fluids. Make sure you eat well the night before.

**Sociable time:** Eat your normal sized breakfast, no more than 1 palm of protein, avoid high fat. Drink plenty of fluids.

  
**FULL BREAKFAST**

Back Bacon Rashers	Hash Browns
Premium Sausage	Bubble & Squeak
Quorn® Sausage†	Black Pudding
Eggs	Closed Cup Mushrooms
Scrambled   Fried   Poached* Boiled*   Omelette*	Halved Grilled Tomatoes
	Baked Beans

**CONTINENTAL BREAKFAST**

<i>Bakery</i>	<i>Fruits</i>
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Daily Baked: Croissants Pain au Chocolat Pain aux Raisins Cinnamon & Raisin Bagel Blueberry Mini Muffins Sourdough Crumpets	Fresh Fruit Salad Apples & Bananas Red Berry Mix Dried Fruit Mix
Sliced Bread: White, Malted or Gluten-Free† American Style Buttermilk Pancakes Preserves, Spreads & Jams Peanut Butter   Nutella®   Maple Flavoured Syrup Marmalade   Honey   Marmite®   Jams	<i>Yogurts &amp; Cereals</i>
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	Yeo Valley® Organic Yogurts Yeo Valley® Greek Style Yogurt Kellogg's® Cereals & Muesli Granola Weetabix® Porridge†

  
*Where the kids  
always eat free\**

**UNLIMITED DRINKS**

- Costa® Coffee
- Twinings® Tea  
Variety of flavours
- Fruit Juices
- Smoothie

(v) All of our Continental and Full selections are suitable for vegetarians with the exception of our premium sausages, black pudding and our back bacon.  
\* Kids eat free: up to a maximum of 2 children under 16 (aged 15 and under) can eat breakfast free per adult purchasing a Full Premier Inn Breakfast.  
† Place your order with a member of the team.  
Some items may differ to those shown. All products may be subject to change and availability. Photography is for illustrative purposes only.  
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## Snacking:

Stops you feeling hungry

Drip feed

Carb top ups

Allows you to eat more, without feeling 'heavy' or 'bloated'

# Sensible Shop Bought Snacks

Swim England Swimming



## Fluids:

**What?** Water, no added sugar squash, tea, coffee, fruit juice, milk...

**When?** Sip-Sip all day, no caffeine after 3pm unless last day of racing.

## How Much?

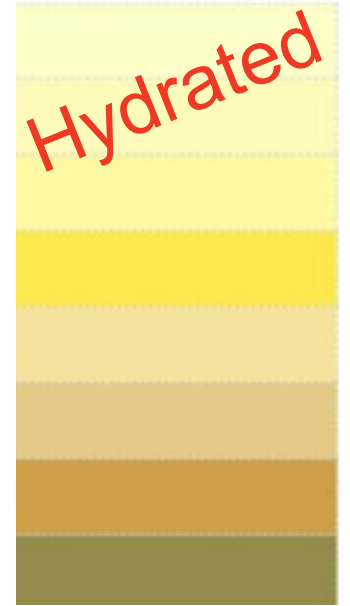
Per day...



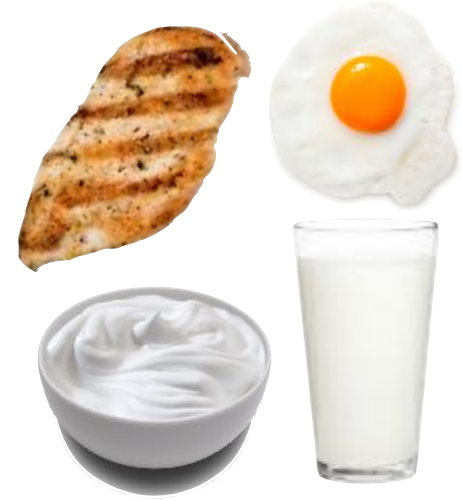
3 x  
750ml

plus  
other  
drinks

Urine Colour:



# 3Rs of Recovery



50-80g

**REFUEL**

**Carbs**

**REHYDRATE**

**Fluids**

**REBUILD**

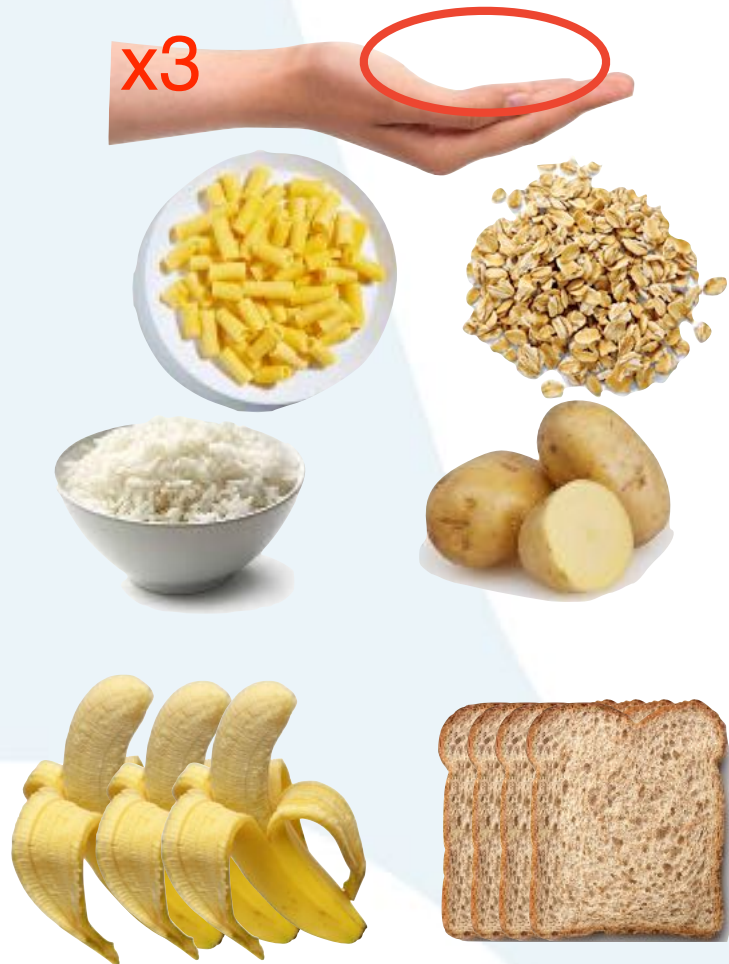
**Protein**

20-40g



Sip-Sip! 

# CHO 60-70g Portion



240–280kcal

# PRO 20-40g Portion



600ml  
(1 pint)

80–120kcal

# Recovery:



## **Immediately Post Race**

Sip-Sip Fluids & Carb Snack

## **1hr Post Race**

Sip-Sip Fluids

Carb & Protein Snack

## **1-2hrs Post Race**

Sip-Sip Fluids

Meal: 1 Palm Protein, 2-3 Handfuls of Carbs

# Competition Planning:

Aim: Be able to plan ahead & know what your best options are during competition

10 minutes



# Competition Plan:



Race Day:



Fluids to Sip On All Day:

Small Meal 2-4hrs Before:

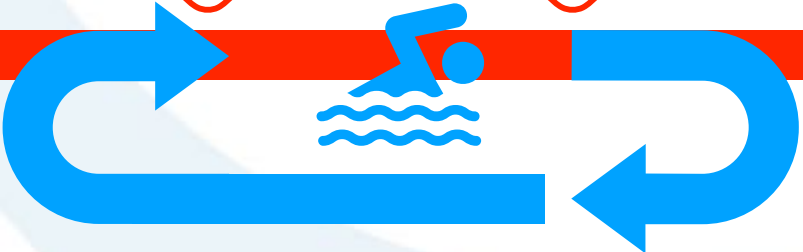
Small/Light Carb Snacks 1hr Before:

Optional Small/Light Carb Snacks <1hr Before:

Immediate Post Race Carb Snacks:

Post Race Carb & Protein Snacks & Meal:

Post Race Carb & Protein Snacks & Meal:



# Final consideration: Race Schedule

## 2 Day Competition

- Heats and Finals
- Length of warm up / second warm up needed
- How many races?
- How spaced out are your races?

## 6 Day Competition

- Do you have a timeline?
- How many events per day
- Rest days?
- Early morning starts?
- Late night finishes?
- Media? Anti-doping testing etc.

# Swim England Performance Squad Top Tips:

**Hotel Buffet Breakfast:** “Stick to what you would have at home, don’t go mad!”

**How Much to Eat & Drink:** “Keep your tummy happy, eat little & often, sip fluids when you want. No big meals or snacks”

**Multi Day Racing:** “Eat well after last race so you can perform best for the next race the day after”

# Swim England Performance Squad Top Tips:

**Fluids:** “Stay hydrated but not over hydrated by sipping squash or water when you want.”

**Carbohydrates:** “Carbs are fuel for racing so you need to have it before and refuel straight after to top up”

**Nothing New:** “Stick to your plan and don’t have new foods”



Questions?