



## Recovery

Establish good recovery habits to experience gains from that day's work and recover for the next!



# Recovery

- Nutrition!
- Hydration
- Sleep
- Therapeutic Aids: rolling, massage, cold therapy, hot showers, stretching



# Nutrition

## MACRO:

Carbohydrates

Proteins

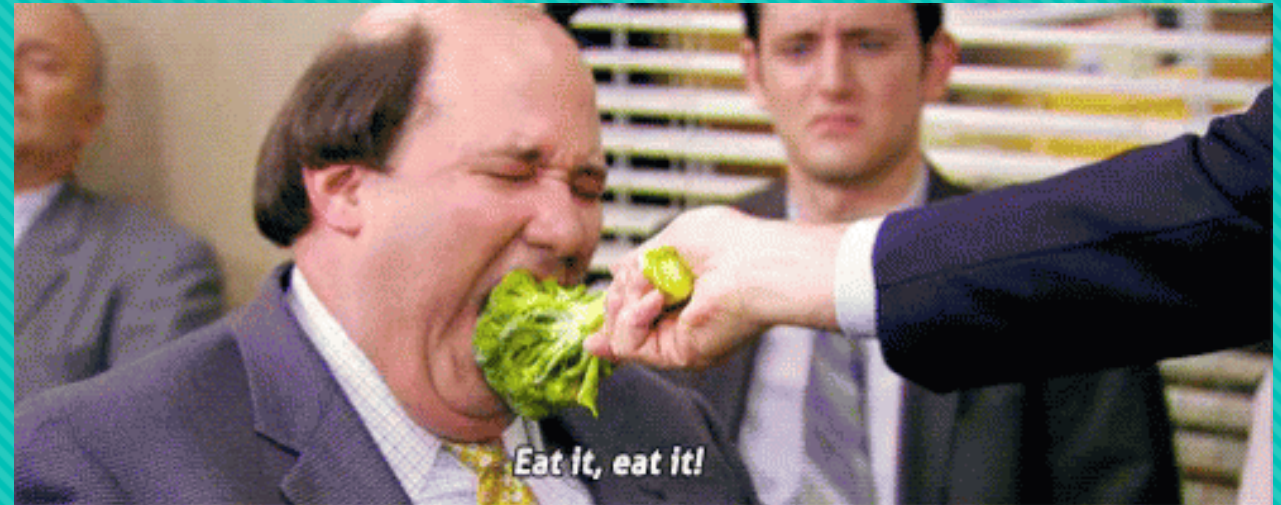
Fats

## MICRO:

Vitamins

Minerals

## WATER





## Nutrition - CARBS

- Primary fuel source for swimmers
- Should be 50-60% of a swimmer's diet
- Foods: **mostly fruits & vegetables**, plus grains (i.e. bread, cereal, pasta, rice)
  - **Make at least ½ your grains 100% whole**
- Problem: too many processed carbs in today's diet!

## Nutrition - Protein

- Should be roughly 20-30% of swimmer's diet
- Helps build and repair muscle tissue
- Found in meats, eggs, dairy products, some grains, **soy, nuts, seeds, and beans**
- Try to vary your protein source!
  - e.g. plant protein, seafood







# Nutrition – Fats, Vitamins Minerals

## Fats

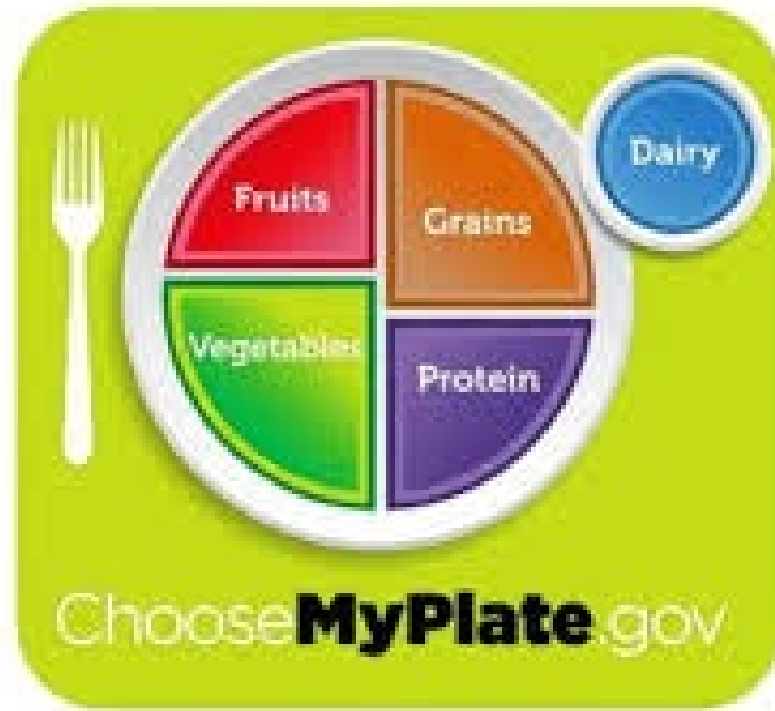
- 20-25% of a swimmer's diet
- Source of energy, store vitamins A,D,E,K
- Unsaturated fats can be beneficial by lowering bad cholesterol.
  - e.g. - avocados, seeds, nuts, olive oil, peanut butter
- Saturated Fats = 0 nutritional value, frequently found in processed baked goods

## Vitamins and minerals

- ❖ Normal metabolism, growth and development
- ❖ Importance of eating a variety of fruits and vegetables. Each has different vitamins and minerals
- ❖ Supplement only if your diet does not follow the USDA guidelines
- ❖ Much better to get them from natural foods!

# Nutrition

## What Your Plate Should Look Like



# Nutrition

## What Your Plate Should Look Like



- ♦ Grilled steak, grilled veggies (asparagus, sweet peppers, onions, corn on the cob), avocado, freshly squeezed vegetable & fruit juice



# Nutrition

Good timing = better recovery



- ♦ Eat a good meal 2-3 hours before workout. Have an easily digestible, hi-carb snack 15-30 minutes before practice, especially if you haven't eaten in over 3 hours.
- ♦ Eat some breakfast before any morning workout.

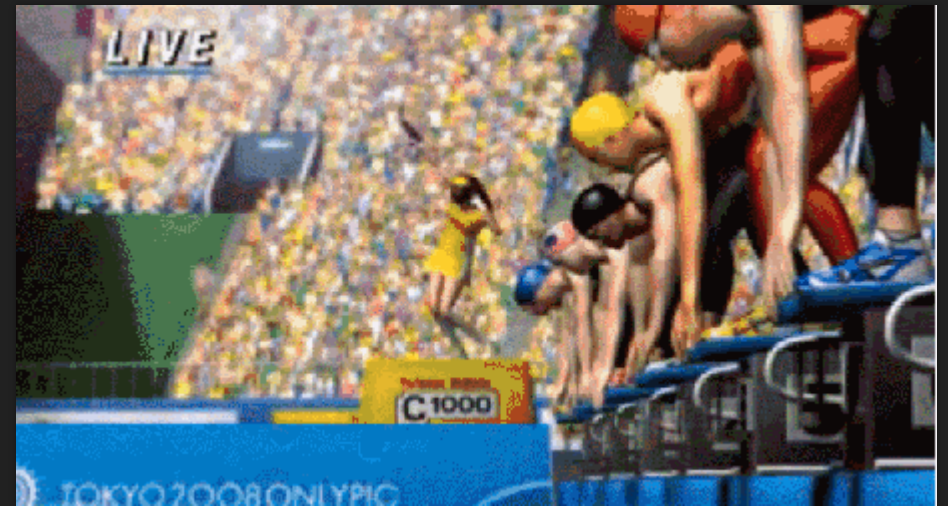
## ♦ The Golden Hour

Have a snack of 60% carbs/40% protein within 30 minutes of finishing a practice/meet session.

# Nutrition

## Fueling Up For Meets

- Eat well balanced meals the week before. There is no magic pre-meet meal that will overcome poor nutrition.
- Eat a good meal 1½ - 2 hrs before the meet, an easily digestible hi-carb snack if you're closer than that.
- Hydrate throughout the meet and have a small snack if it exceeds 2 hours
- Get your Golden hour going right after final warm down
- Have a good, well-balanced meal after the session, especially if you're returning for finals.



# Hydration



**Drink 2 to 3 cups about 2 hours before exercise.**

Drink 1 cup 5 to 10 minutes before exercise

Drink 1 cup every 15 to 20 minutes during exercise, especially in warm weather.

Dehydration is the #1 reason for diminished athletic performance in training.