

NUTRITIONAL INFORMATION SEACOAST SWIM TEAM

Before Practice

1. Fruit – Ideal would be banana's
2. Peanut butter sandwich(whole wheat bread)
3. Mix nuts or peanuts with some raisins
4. Trail mix(without candy)
5. Sports bar – Balance Sweat and Salty, Clif Builder Bar,

During Practice

1. Sports drinks – Accelerade, Gatorade, Power Aid, ideally a power form that you can mix. These can be consumed starting 10 minutes out from practice. See info below on this.
2. Gels – Power bar gels, GU's(you will need water with these)
3. Water would be only if you forgot one of the above.

After Practice – The first 30minutes is critical so fully replenish yourself.

1. Fruit – banana or raisins
2. Sports drink
3. Yogurt
4. Chocolate milk(this is a long time stand by in case you have nothing else)
5. Recovery drink(see info below)

With in 60-90minutes of finishing practice you should eat a complete meal that is balanced. I like to use the plate to provide the example. Divide the plate into 1/4's and then it should look like this: ¼ is your protein(meat source), ¼ a starch(pasta, rice, potatoes etc) and then the remaining half should be veg's and/or fruit. This breakdown will provide balance around carbohydrates, protein and fats.

Order information for a sports drink in powder form and a recovery drink which I can get for a substantial discount are a much higher quality than the over the counter pre-mixed drinks:

Sports Drink

http://www.champion-nutrition.com/champion/products/revenger_sport.php?section=endurance&PHPSESSID=507cfb8cc9aac8e6411599efb1cae7f0

Recovery Drink

<http://www.champion-nutrition.com/champion/products/met2.php?section=health>

If you have any questions please email Steve Fluet at stevefluet@gmail.com