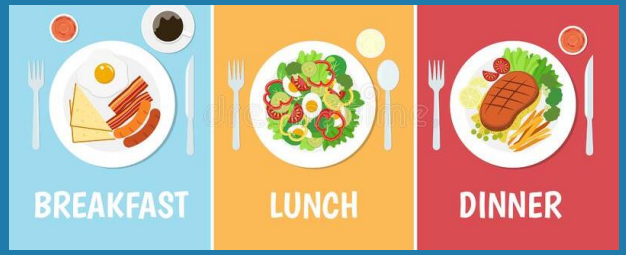
Training Day Nutrition

3 Main Meals



It's essential you eat 3 main meals per day to provide you with enough energy to perform to your best ability at training sessions, and to keep your body healthy in general. Each meal should be made up of carbohydrates (50-55%), protein (30-35%) and fat (10-15%). Whilst all main meals are essential, breakfast is deemed most important. Having not eaten since the night before, breakfast gives you the energy needed to start the day. Without breakfast you can feel tired, sluggish, hungry and will often make up for the missed meal in snacks later on in the day. It can be hard to eat breakfast when you have morning training; however it is really important you eat something to give you the energy to train well. Even something small such as a banana, a slice of toast or a smoothie will be beneficial.

Snacking



Snacking helps to keep your energy levels topped up between training sessions. Aim to prepare healthy snacks (eg fruit, veg, homemade milkshakes, homemade granola bars, and nuts) in advance and take them with you to training. Having snacks with you helps you to avoid eating snacks from vending machines and Starbucks (snacks which are often full of fat, added sugar and added salt). It's also important to eat a snack containing carbohydrates and protein before going to bed (eg peanut butter and banana on toast; a glass of milk; or a bowl of low sugar cereal). This is so that your body can replenish its energy stores and rebuild muscle. As an athlete who has trained in the evening and will train again in the morning, it's essential your body gets the best chance at repairing and replenishing itself so you have lots of energy to train well and reduce your risk of injury.

Hydration



Even though it may not be obvious in the water, you will be sweating lots at training. This is because exercise increases body temperature, so your body sweats to try and help cool you down. Therefore it's very important you drink before training, throughout the session and after training to replenish lost fluids. Without sufficient fluid, you will become dehydrated. Dehydration can lead to fatigue which will reduce your performance in training. Aim for around 500ml of fluid 1-2 hours before training, small sips during training and around 500-1000ml of fluid after training. As well as water, you can also drink squash; a homemade sports drink (water, squash and a tiny sprinkle of salt) and milk (post-swim).