

DESIGNED BY

P2LIFE™
PERFORMANCE NUTRITION

RACE DAY

MEAL PLAN

A swimmer in a pool with a blue overlay. The swimmer is wearing a white cap and blue goggles, and is captured in a stroke with one arm raised. The background shows lane lines in the pool.

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INTRODUCTION

You've spent all season long preparing for the big day, so don't let a couple of bad diet choices sabotage your performance on the big day. Use our guide to eat right on race day and make smart meal choices to ensure that you perform at optimal levels all day long!

You already know that this is one of the most important meals of the day, so definitely don't skip it.

Breakfast is especially important because it replenishes glycogen in the liver (which later can be used for fuel when needed during a race) that may have been used by the body while sleeping. If at all possible, it's important not to skip breakfast. The time of your first meet is important to plan the time and amount of food you'll be eating.

For early morning events (8am-10am)

Eat between 6-7am and give food a couple hours before the first race to allow food to be digested and leave the stomach.

Keep it light and between 500-1000 calories, with your meal high in complex carbohydrates and low in fat and protein.

Instant oatmeal made with skim or low fat milk, toast with nut butter, dry cereal, yogurt and fruit are all light options that rev up the body.

Opt for a heavier breakfast if competition is in the afternoon.

Try to eat as soon as possible after your swim to give yourself as long as possible to recover if you have to swim again.

Flavored milk is a great recovery drink choice after the meet since it provides protein for muscle repair and carbohydrates to re-fuel muscles. Snack wisely and eat small amounts of food before and after events that are closely scheduled.

In between your meets

If you have less than an hour between meets, stick to water, diluted sports drinks and fruit juices, a piece of a high carbohydrate energy bar, fruit or a few low-fat crackers.

If meets are close together and your food hasn't digested completely, blood will be aiding in digestion instead of supplying the muscles with oxygen.

If you have longer than an hour, pack in the protein. Protein will be an ally in keeping your blood sugar stable, thus keeping hunger, energy, stress levels, and your overall mood in check.

Nibble on cheese sticks, nuts, peanut or nut butters, deli meat slices, yogurt, or low fat milk.

The last thing you want to do is crash mid-day because you haven't taken the time to refuel your body properly.

Provide adequate nourishment to your body and muscles so that you're focused on the next round of competition and not your cramping stomach or headache.

For afternoon events (2-4pm)

Eat between 11am-1pm and have something small, but that has a hearty mix of carbs and protein.

Good choices are a small pasta salad or a small turkey sandwich.

This is a good time to hydrate as well since swimmers tend to underestimate the amount of fluids and sweat lost during competitions.

If you have an evening event, you'll want to eat a very light dinner, something that was pretty similar in size and composition to your lunch.

If you won't be competing anytime after dinner, enjoy a larger meal paired with a recovery shake to help with muscle repair so that you don't suffer from injuries or cramps the following day.

For evening events (6-9pm)

Eat between 3-5 pm and eat a small tuna sandwich on whole grain bread, or rice with a small amount of veggies and lean protein.

Right before your last event to speed up recovery after meets, be sure to drink 16 to 24 ounces of fluids such as water or diluted sports drink or fruit juice before your last race.

DO'S AND DONT'S

DO'S

Bring a diversity of snacks so that you don't get bored with your choices over a long day.

Eat whole food. Food sources increases the odds of proper fueling and healthy eating.

Pack extra. Team members might need some nutrition, too. And when your whole team does well, everybody wins!

Have some easily digestible carbs like 100% fruit juice, apple-sauce or fresh fruit on hand.

DONT'S

Depend on just energy bars to get you through.

Experiment. This is not the day to try a new flavor of drink or power bar, or even a new fruit. Stick with what your body knows.

Rely on the snack stand for nutrition. There is nothing there, except for bottled water that will be proper fuel for optimal nutrition.

Drink sugary drinks. They'll give you a false sense of energy and then you might crash, mid race.

Eat high fat foods. They will give you nausea and indigestion, leading to poor performance.

(PRINT AND BRING TO MEET)

RACE DAY MEAL PLAN

MEAL/TIME	FOOD OPTION	NOTES
BREAKFAST 2 HOURS BEFORE MORNING RACE	2 PIECES OF WHEAT TOAST / JUICE / YOGURT / WATER	
AFTER WARM UP PRE RACE	300-500ml WATER OR DILUTED 100% FRUIT JUICE	
AFTER RACE RECOVERY	250ml FLAVORED MILK + HALF OF A BANANA	
LUNCH 2 HOURS BEFORE AFTERNOON RACE	LEAN PROTEIN SAND- WICH WITH JUICE OR WATER	
AFTER WARM UP PRE RACE	300-500ml WATER OR DILUTED 100% FRUIT JUICE	
AFTER RACE RECOVERY	SMALL YOGURT AND A PIECE OF FRUIT	
DINNER 2 HOURS BEFORE EVENING RACE	LOW FAT PASTA, VEG- GIES, AND A PIECE OF LEAN PROTEIN, JUICE OR WATER	
AFTER RACE RECOVERY / BED	P2LIFE NUTRIBOOST SHAKE	