

## *Nutrition for Recovery*

Dear Parents & Swimmers,

I am writing you this letter in an encouraging and pleading nature to relay the importance of after work-out snacks. Refueling is vital for athletes to regain strength, build new muscle, and recover for the next upcoming conditioning session or meet. As swimmers use a lot of their oxidative and glycolytic energy systems, it is important to replenish which has been depleted. When athletes are exercising, they are burning approximately a carbohydrate of 1.0-1.5g.kg-1 body weight (0.5-0.7. g.lb-1) during the first half hour of exercise, and again every 2 hours. Four to six hours will be adequate to replace glycogen stores. For example, when we have days of two practice sessions (morning and afternoon), it is vital that athletes replace energy stores, electrolytes, fluids, and carbohydrates to ensure rapid recovery. Additionally, research has proven that consumption of carbohydrates within the first 30 minutes of activity speeds replenishment of glycogen (which is needed throughout every athlete's energy systems!). The goals of post competition nutrition are to replace *fluid losses*, *top off carbohydrate stores*, and *repair muscle damage*. A lot of parents and even side viewers in swimming do not understand how much fluid is lost in the water. Swimmers do not look like they are sweating because they are constantly moving in the water. However, they are *definitely* losing all fluid storage throughout workouts and competition, even though you may not see it like one can see in a runner. Healthy tips for after competition snacks are included in the next handout. A good snack should include 10g of protein, at least 100g of carbohydrates, and moderately high to high carbohydrates in the glycemic index. Another great post workout snack is chocolate milk. Chocolate milk contains just over 9g of protein, and 63g of carbohydrates in one glass! Post competition nutrition is vital for the overall performance of the athlete; therefore make it a habit in your athlete's diets to always have a post workout snack!