

Refuelling Snacks

Recovery is a most important aspect of training.

- Every time you exercise your muscle and liver stores of glycogen go down
- These need to be replaced as soon as possible by eating carbohydrate before your next exercise session. **This is especially important if there is less than 8 hours between training sessions**
- If your stores of glycogen are not fully replenished by the next training session the quality of your training session will be reduced and you will fatigue quicker. This will negatively affect your performance
- Continual tiredness and heavy muscles are a result of inadequate glycogen muscle stores
- PUT YOURSELF IN CHARGE OF WHAT YOU EAT AND DRINK BY CARRYING SUITABLE RECOVERY SNACKS AND DRINKS WITH YOU AT ALL TIMES

TIMING: The best time to start refuelling is within 30-minutes of completing exercise

Aim for 1g carbohydrate for every kilogramme in weight e.g.

| Body weight (kg) | Carbohydrate needs (g) |
|------------------|------------------------|
| 40 | 40 |
| 50 | 50 |
| 60 | 60 |
| 70 | 70 |
| 80 | 80 |

Example of snacks providing approximately 50g carbohydrate

- 200mls orange juice and 2 slices of currant bread
- 100g grapes, 2 fig rolls and 150mls pineapple juice
 - 200g drinking yoghurt and 1 fruit scone

FAT: Since the body's fat stores are relatively large, even in the leanest swimmers, it is not necessary to have a snack which is high in fat as well as carbohydrate. See the list below for the best low fat high carbohydrate snacks.

PROTEIN: Protein is useful to include as part of the recovery snack when a swimmer is concentrating on building and repairing muscles especially after a weight resistance type training session

| Product Mention of certain products does not mean endorsement | Carbohydrate (g) | Notes |
|--|------------------|---|
| 100g raisins | 70 | |
| Big Snack Stop Chow Mein noodles | 70 | Useful if travelling |
| 500ml Frijj low fat milkshake | 55 | Useful as a good source of protein and carbohydrate after a weight resistance session |
| High Five 80g Energy Coconut Bar | 55 | |
| Boots Energy Bar | 50 | |
| 1 Raisin and cinnamon Bagel | 40 | |
| Small bag Jelly Babies | 45 | Not very nutritious so also have some fruit or fruit juice |
| 250ml Tesco fruit smoothie | 35 | |
| High Five energy wild berry Bar | 33 | |
| 50g bag of exotic dried fruit mix | 30 | |
| 15g Nesquik plus 200ml low fat milk | 25 | Useful as a good source of protein and carbohydrate after a weight resistance session |
| Asda Toffee & Banana chewy Bar | 20 | |