

## SWIMMERS GALA PREPARATION

- Its not what you eat on race day that results in a great performance
- Ensure a perfect diet 7-8 days before competition
- No need to carbohydrate load unless doing the 1500
- Stay hydrated

### RACE DAY

- Snack regularly every 1 – 2 hours
- Ensure that you have enough recovery snacks
- Stay hydrated
- Example snacks

Fruit

Nuts

Yoghurt

Rice Cakes

Soreen

Cereal Bars

## SPORTS DRINKS

- Electrolyte sports drinks are not needed unless training for more than 90 minutes at 80% maximum effort
- Do not use protein or recovery drinks for under 16years
- If you have medical condition do not use sports drinks.

## HYDRATION

### DEHYDRATION

### STATUS

- |                                      |     |
|--------------------------------------|-----|
| ▪ IMPAIRED PERFORMANCE               | 2%  |
| ▪ CAPACITY OF MUSCLE WORK DECLINES   | 4%  |
| ▪ HEAT EXHAUSTION                    | 6%  |
| ▪ HALLUCINATION                      | 8%  |
| ▪ HEAT STROKE & CIRCULATORY COLLAPSE | 10% |