

## Swimming Race Day Nutrition & Hydration Schedule

### Wake Up

- Check urine colour
- Drink 500ml water immediately
- Aim for colour level 1 or level 2 on Urine \*Colour Chart
- Shower and get ready for breakfast

### Breakfast

**3-3.5 hours before your heat**

- Low GI, Low Fat choices – Swimmers Muesli
  - 1 Cup Wholegrain Oats
  - 1 Potle low fat yoghurt
  - 1 tablespoon mixed dried fruit (your choice)
  - ½ cup fresh and/or frozen berries (if available)
- Add x2 toast Wholemeal toast with spread of your choice if still hungry
- Drink Juice if available during breakfast (250mls)
- Sip on water 200-250ml every 20mins
- Maintain colour level 1 or level 2 on Urine \*Colour Chart
- If Urine is level 3, 4 or higher, drink more water

### Pre Race

**1 hour before your heat**

- 1 low fat/low GI Muesli Bar or Oven Baked Bar (~20g carbohydrate)  
OR
- 1 slice Wholemeal bread + spread (~15g carbohydrate)
- Sip on water 200-250ml every 20mins
- Avoid sports drink pre race.
- Maintain colour level 1 or level 2 on Urine \*Colour Chart
- If Urine is level 3, 4 or higher, drink more water

## Morning Race: HEATS

### Post Race

- 0-1min Post Race: 30-60g High GI Carbohydrate (Lollies, gel etc...)
- Sip on water 300ml for the next 15mins
- 15-20mins Post Race: 20g Isolate Protein Powder in 250-350mls water, trim milk or juice.
- Ensure urine is level 1 or level 2 on Urine \*Colour Chart before leaving

### Snack

- Self cater: Fruit (if available)
- Self cater: 1 low fat Muesli Bar (less than 5g fat per bar)
- Self cater: 1 low fat Oven Baked Bar (less than 5g fat per bar)
- Sip on water 200-250ml every 20mins
- Ensure urine is level 1 or level 2 on Urine \*Colour Chart before leaving
- If Urine is level 3, 4 or higher, drink more water before leaving pool

### Lunch

Basic Hotel Buffet

- Low Fat & Low GI choices:
- Load up on pasta and rice (1-2 cooked cups)
- Aim for 3-4 Vegetable accompaniments

Self catered Sandwich type Lunch

- Low GI Bread type base (2-3 slices of wholemeal bread)
- 50g Protein (Women)
- 50-100g Protein (Men)
- 4 salad fillings
- 1 small serving cheese (20g)
- Thin scrape Low fat spread/flavouring

**SLEEP AFTER LUNCH**

**Snack** (If needed)

- Self cater: Fruit (if available)
- Self cater: 1 low fat Muesli Bar (less than 5g fat per bar)
- Self cater: 1 low fat Oven Baked Bar (less than 5g fat per bar)
- Sip on water 200-250ml every 20mins
- Ensure urine is level 1 or level 2 on Urine \*Colour Chart before leaving
- If Urine is level 3, 4 or higher, drink more water

**Post Sleep**

**3-3.5 hours before your heat**

- Drink 500ml water immediately upon waking
- Substantial Low GI, Low Fat Meal:

Option 1: Swimmers Muesli

- 1 Cup Wholegrain Oats
- 1 Potle low fat yoghurt
- 1 tablespoon dried fruit mix
- ½ cup fresh and/or frozen berries (if available)

Option 2: Hotel Buffet

- Low Fat & Low GI choices:
- Load up on pasta and rice (1-2 cooked cups)
- Aim for 3-4 Vegetable accompaniments

Option 3: Self catered Sandwich type Lunch

- Low GI Bread type base (2-3 slices of wholemeal bread)
- 50g Protein (Women)
- 50-100g Protein (Men)
- 4 salad fillings
- 1 small serving cheese (20g)
- Thin scrape Low fat spread/flavouring
- Drink Juice if available during breakfast
- Sip on water 200-250ml every 20mins
- Maintain colour level 1 or level 2 on Urine \*Colour Chart
- If Urine is level 3, 4 or higher, drink more water

**Pre Race**

**1 hour before your heat**

- 1 low fat/low GI Muesli Bar or Oven Baked Bar  
OR
- 1 slice Wholemeal bread + spread
- Sip on water 200-250ml every 20mins
- Avoid sports drink pre race

- Maintain colour level 1 or level 2 on Urine \*Colour Chart
- If Urine is level 3, 4 or higher, drink more water

## Evening Race: FINALS

### Post Race

- 0-1min Post Race: 60g High GI Carbohydrate (Lollies, gel etc...)
- Sip on water 300ml for the next 15mins
- 15-20mins Post Race: 20g Isolate Protein in 250-350ml water, trim milk or juice.
- Ensure urine is level 1 or level 2 on Urine \*Colour Chart

### Snack

- Self cater: Fruit (if available)
- Self cater: 1 low fat Muesli Bar (less than 5g fat per bar)
- Self cater: 1 low fat Oven Baked Bar (less than 5g fat per bar)
- Sip on water 200-250ml every 20mins
- Ensure urine is level 1 or level 2 on Urine \*Colour Chart before leaving
- If Urine is level 3, 4 or higher, drink more water

### Dinner

#### Hotel Buffet

- Low Fat & Low GI choices:
- 100-150g Protein (females)
- 150-200g Protein (males)
- Load up on pasta and rice (1-2 cooked cups)
- Aim for 3-4 Vegetable accompaniments

#### Dinner Rules

- Low Fat source of Protein
- 1-2 cooked cup of Low GI Carbohydrate.
- 100-150g Protein (females)
- 150-200g Protein (males)
- 4 Vegetables fillings – making sure Veges are the majority of your plate
- Low fat sauce/flavouring

See [Swimming Urine Colour Chart](#)