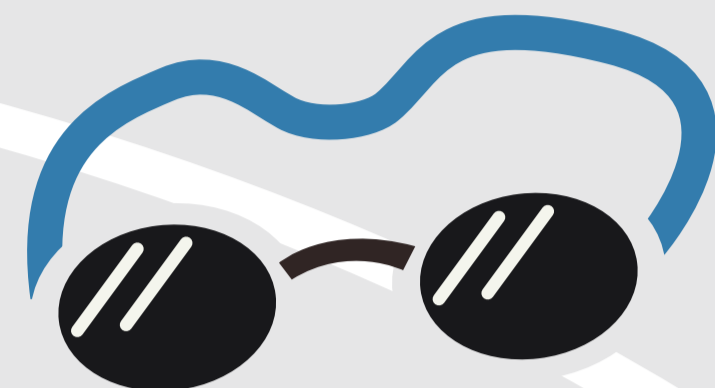
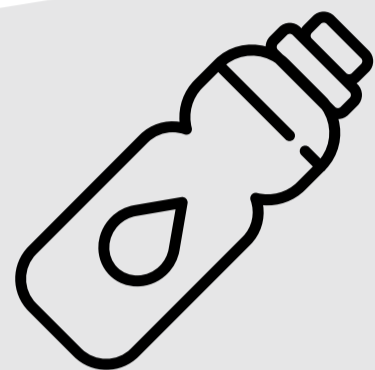




Enhance taper effectiveness with optimal nutrition



How much?

- Hunger cues will be less evident during taper, be sure to eat enough
- **Proper nutrition** is key to optimize meet performance
- Focus on consuming **MEALS** over constant snacking to prevent mindless eating
- **Optimize carb intake** with complex carbs filling 1/3 of your plate at every meal.
- Overall food intake will decrease compared to mid-season training

Can I make big changes now?

**Stick with what you know your
body tolerates**

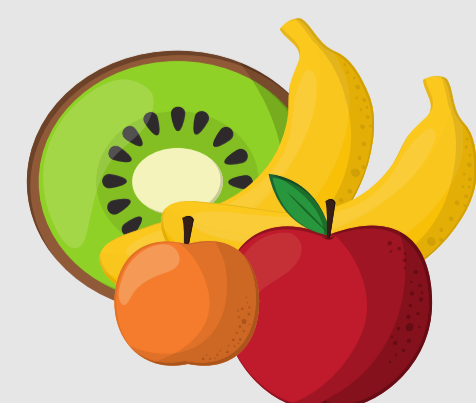
If you haven't been eating the foods below, now is not the time to experiment with all of them

**Zone in on hydration to ensure
you are drinking enough**
Don't wait until you are thirsty. Evaluating your urine color (light yellow) can help indicate hydration levels



- You must be eating **sufficient carbohydrates THROUGHOUT training**, not just the night before to prevent muscle breakdown & fatigue
 - fruits, starchy vegetables, brown rice, whole wheat breads
- **Be mindful of fiber intake** within 48 hours of your meet
- **Lean protein** will help to **maintain your muscle strength** while training narrows
 - lean red meat, skinless chicken breast, low-fat dairy products
- **Fats are important** to provide energy and transport vitamins
 - olive/canola oils, avocado, nuts, seeds

What can I eat?





Although sweat losses are not often felt during practice, it is essential to **REPLENISH** them!

WHAT TO HYDRATE WITH DURING PRACTICE?

- **Sweat losses consist of water and electrolytes**
 - consuming fluids that contain sufficient carbs AND electrolytes is essential during high-intensity, long practices
- **Fluid losses as little as 2% of your body** will set back training & performance



- Begin hydrating when you wake up, 10 oz right away!
- **Carry a water bottle** throughout the day to maintain hydration
- Drink 1-2 glasses of **fluids during meals**
- **Dash salt on meals** for supplemental electrolytes
- **Monitor** urine color and volume
- Warm, humid pool areas **↑ fluid losses** - be sure to replenish post-workout



TIPS FOR HYDRATING AROUND THE CLOCK



**OPTIMAL PERFORMANCE
REQUIRES
OPTIMAL HYDRATION**