



Why do I feel tired during training

A major factor that may cause you to feel exhausted during training is the depletion of carbohydrate (glycogen) energy stores. When you train hard your body draws on energy from glycogen stores in the muscles and liver. These stores are small and will deplete to low levels during long, hard training sessions. The symptoms? Swimmers may find that they feel tired and weak, legs and arms start to feel wobbly and if you have been working really hard you may find yourself slowing down.

The key is to start every day with fully stocked energy stores to avoid running out of steam halfway through the day or in the middle of a workout. Remember, successive days of training will drain these stores even if a one off session does not so it is essential to pay attention to what you are eating.

To boost energy levels between training sessions and to ensure that glycogen stores are topped up, swimmers should tuck into a carbohydrate rich diet since the amount of glycogen that is stored is related to how much carbohydrate you eat. Scientists recommend that about 60% of our calories should come from carbohydrate with the rest of our energy from protein (15%) and fat (25%). Most swimmers eat far less carbohydrate than this recommendation and as a result their diets are usually higher in fat as well.

To achieve a carbohydrate rich diet focus on meals and snacks that contain plenty of this nutrient. Carbohydrate as sugars (simple carbohydrate) and starches (complex carbohydrate) is found in a large number of foods. It is important that your diet contains a wide variety of these foods to ensure that you obtain all the vitamins and minerals that you need plus the fibre that comes from foods such as rice, bread, pasta, cereals, vegetables and fruits

To minimise poor performance during training

- o Drink before, during and after training and competition.
- o Drink a little and often. Stomach discomfort usually arises if you gulp huge amounts of fluid infrequently!
- o Occasionally monitor your fluid losses by weighing yourself before and after training.
- o Drink before you are thirsty.
- o Monitor the colour and volume of urine that you are producing.
- o Drink home-made or commercial sports drinks during hard workouts.
- o Chose a drink that you like the taste of and experiment in training and MINOR competitions to identify your own individual needs, likes and dislikes

Information for parents

- o Remember, children are involved in sport for their enjoyment and achievement not yours.
- o Be realistic about your child's abilities. Do not over-expect. Much harm can be done when children constantly fall short of their parents' expectations.
- o Teach your child that honest effort is as important as victory so that the result of each race is accepted without undue disappointment. A PB can be as big an achievement as a gold medal.
- o Teach your child good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a race. In particular be positive and do not show disappointment.
- o Remember that children can learn best by example. Applaud good performances by other swimmers from the club and from other clubs.
- o Recognize the value and importance of volunteer coaches. Do not undermine them. They give their time and

resources to provide recreational activity for your child.

- o Be encouraging to your child but do not coach him or her. A little knowledge is dangerous. The coaches are there to do the coaching and selecting. If you think there is a major problem speak to the coach first.
- o The coaching staff are trying to make your children the best swimmers they can be. Please remember this.
- o Be positive about the Club and how it works. It is rarely the swimmers that moan, yet the Club operates for them and not the parents. If you see problems in the Club, approach a Committee member and get involved with sorting out the problems; don't just sit around moaning about them.
- o Rumours and gossip can only hinder the progression of the Club. Please do not get involved in this type of behaviour ..
- o If you have a question for the coach then please ask him at the end of training. Never try to catch the coach as he is going onto poolside and never go onto poolside whilst the coach is coaching.

Vitamins and minerals

- o Consume small quantities of fat on a regular basis.
- o If you are currently loading up on fat then make some effort to cut back a little.
- o Consume a mixture of different protein containing foods on a daily basis. These should not be eaten at the expense of carbohydrate rich meals but rather as a part of the meal.
- o Check with your coach before taking any protein/amino acid supplement - they are usually not necessary.
- o Consume a variety of different foods each day to ensure that your vitamin/mineral intake is adequate.
- o Eat lots of fruits and vegetables as part of your sports diet.
- o Make changes to your food choices before using supplements.
- o Whilst supplements may be useful for certain individuals under certain circumstances seek the advice of your

coach|GP|Nutritionist|Dietician before making a decision.

In most cases they are unnecessary.

- o Do not use supplements to mask a poor diet. Nothing beats a well-planned nutrition programme.