

Swimming Prescription

Swim athletes endure a mix of strength, endurance, and technical training to perform in their sport. Training weeks can consist of double days and high-intensity workouts, heightening the need for adequate recovery. Heavy training loads increase stress and inflammation in the body. By establishing proper fueling habits around training, athletes can maximize repair and training adaptations.

TRAINING BLOCKS

Conditioning for swimming involves a mix of pool and dry land workouts. With periodization, training blocks allow for more adaptations with heavy and light weeks. From a nutritional standpoint, athletes can support adaptations by prioritizing protein and carbohydrate intake after each workout. These nutrients maximize muscle repair and glycogen repletion. Consistent carbohydrate intake between sessions is necessary to maintain energy levels throughout the day. Energy expenditure is higher on double days, and energy intake should increase to match demands.

Outside of training, athletes balance their dietary intake with whole-grain carbohydrates, healthy fats, lean protein, and antioxidant-rich fruits and vegetables. A fueling plan incorporating a mix of macro and micronutrients ensures that athletes consume a variety of nutrients.

After building a nutritional foundation, athletes may look into supplements to further support performance. [2before's Blackcurrant Pre-workout](#) could be the extra boost that athletes seek. Although individuals consume blackcurrant powder before exercise, it enhances the body's antioxidant defense system for post-exercise recovery. This mechanism improves training adaptations and the body's ability to handle stress and inflammation. During exercise, blackcurrants improve vasodilation, cognition, and focus. With a caffeinated and non-caffeinated version, athletes can integrate 2before into their training regime regardless if they have morning or afternoon training.

For early morning training, consume [2before's caffeinated Blackcurrant Pre-work](#) with a pre-training snack. Suppressed appetites are common early in the morning, and individuals may not feel like eating. Consuming simple carbohydrates, such as a banana, energy chews, or pretzels, will give athletes easily digested energy for exercise. Pairing 2before's pre-workout alongside a snack will enhance alertness and focus. On double days, consume non-caffeinated blackcurrant pre workout **30-60 minutes before afternoon training**. Choosing the non-caffeinated option allows the athlete to have the benefits of blackcurrants without compromising sleep.

COMPETITION

During competition season, training loads often decrease to minimize fatigue and soreness leading up to meets. Intensity during competition remains high, and athletes should maintain fueling habits around exercise. It is common for scheduled events across the whole day on meet days. An athlete may swim in the morning and not swim again until the afternoon.

Before the first race, swimmers should have a balanced meal 3-4 hours before the start. Between races, the focus should be on carbohydrate intake, with a simple carbohydrate snack eaten 60 minutes before the next race. Athletes can take a dose of 2before Blackcurrant Pre-workout 60 minutes before meet time to enhance focus and performance. Within an hour of the last race, recovery nutrition is a priority. A combination of protein and carbohydrates will aid muscle repair and soreness following competition.

Nutrition planning around competition is fundamental for maximizing athletic performance. As a sport involving aerobic and anaerobic energy systems, carbohydrates are the primary fuel source. Proper timing and composition of meals and snacks will set up swimmers for success in their events.