

Fuelling Open Water Swimming



BEFORE

Fuel
Up



DURING

Top Up +
Hydrate



AFTER

Refuel + Recover +
Repair + Rehydrate

GOAL CARBOHYDRATE FOODS

WHEN

30 minutes to 2 hours
before

WHAT

Fruits
Bread/Toast
Cereal
Yoghurt
Rice pudding
Muesli bar
Energy Bar
Milk based drink
Fruit Juice
A Meal with
pasta/rice/potato

GOAL HYDRATION + CARBOHYDRATES

WHEN

Every 20-30 minutes
(Typically - will change
with conditions & temp.)

WHAT

Sports drinks
Flat soft drink
Cordial
Tea & Sugar/honey
Gels
Condensed milk
Jelly
Pureed food

**Ideally aim for 20-30g
carbohydrates per feed**

GOAL PROTEIN + CARBOHYDRATE FOODS + FLUIDS

WHEN

Within 45-60 minutes
Then every 2-4 hours

WHAT

Eggs on toast
Sandwich with
tuna/chicken/tofu + salad
Smoothie (milk+fruit)
Yoghurt with muesli
and/or fruit and nuts
Cereal with milk/yoghurt
Cheese & Crackers
Dinner/Lunch meal
Up&Go or Protein shake +
fruit