



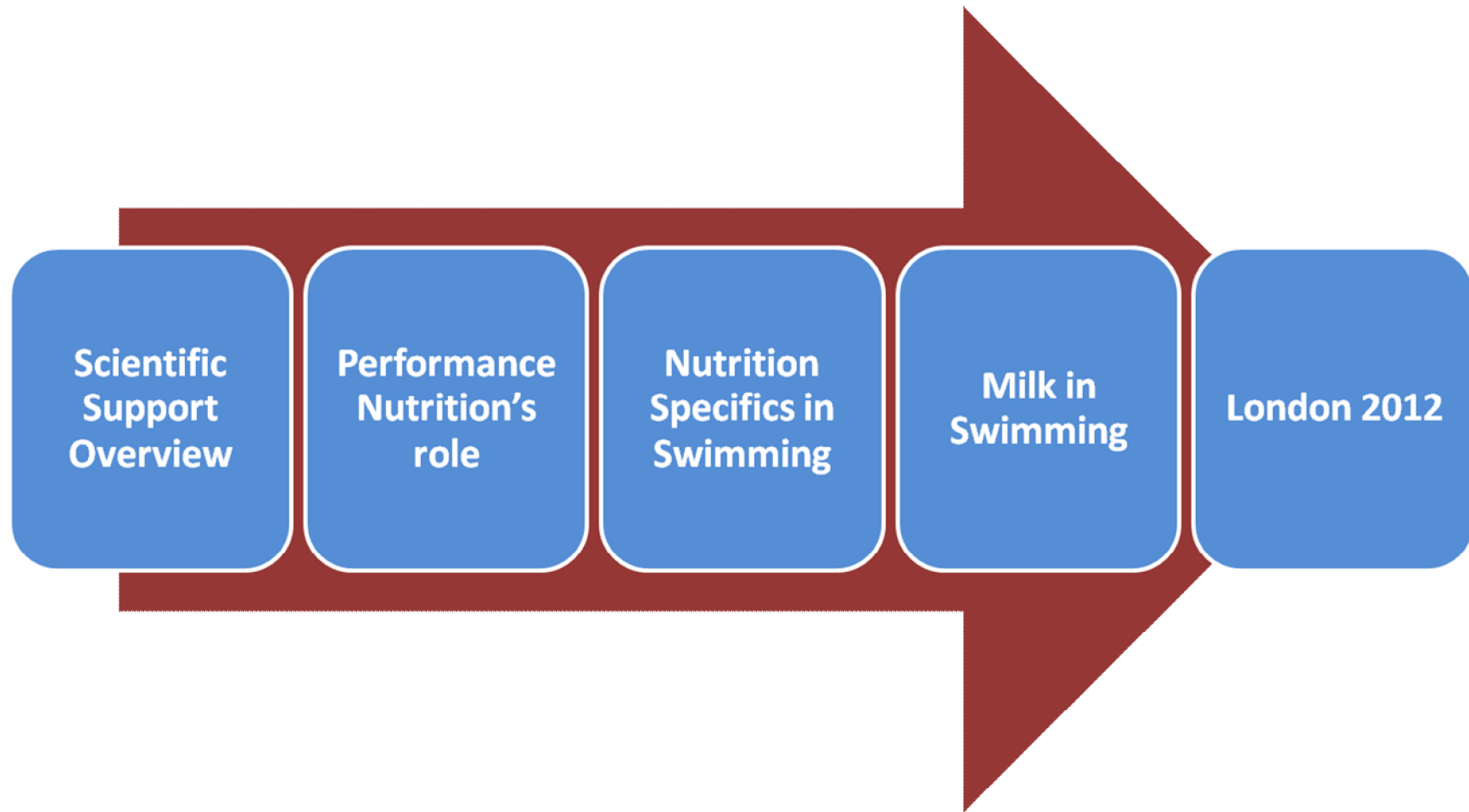
Performance Nutrition: British Swimming Insights

Alex Popple

EIS Performance Nutritionist

Lead British Swimming

Overview



Intensive Training Centre Network

Centralised coaching & SSSM support model,
established 2009, pool and open water!



Loughborough

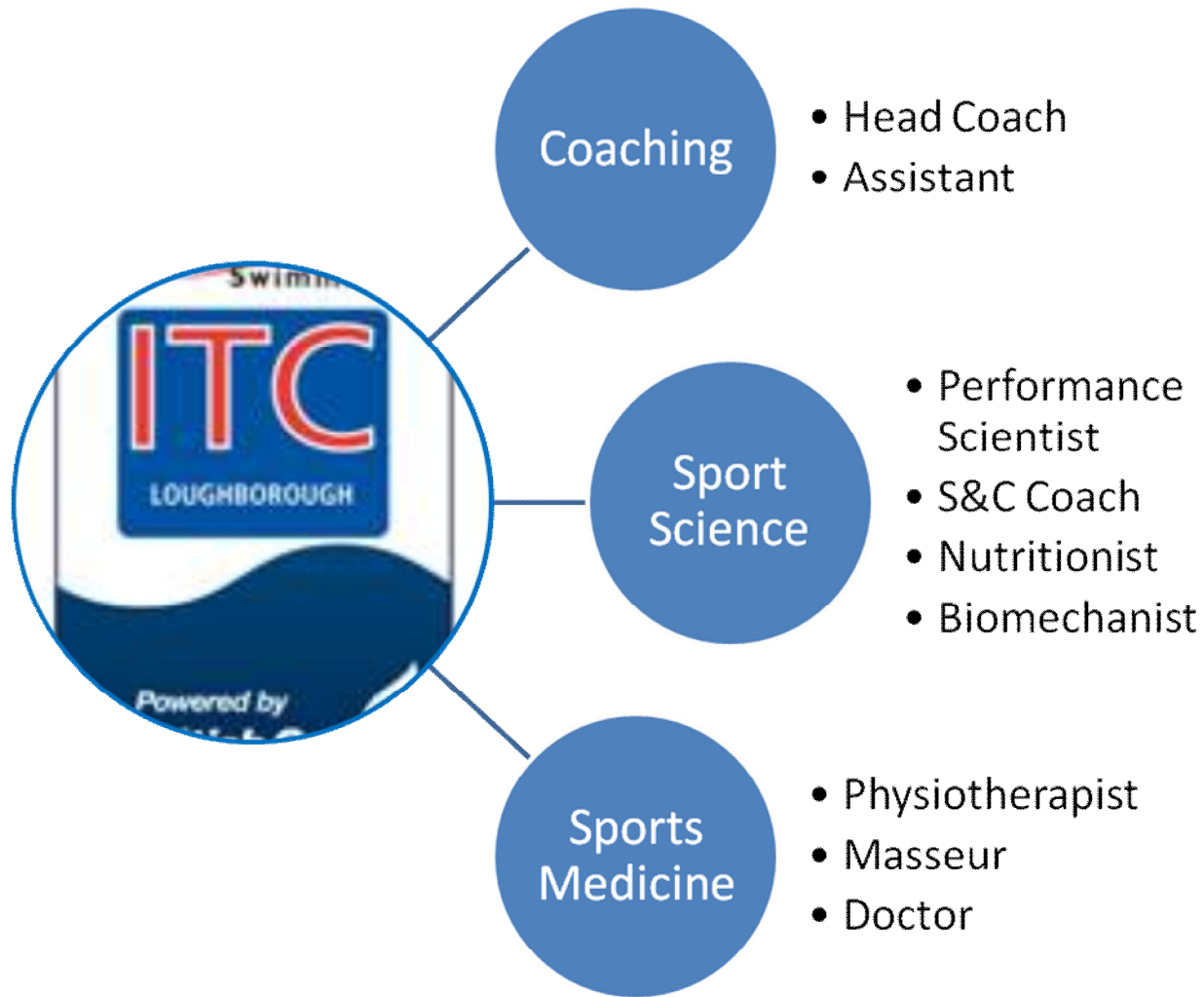
Stockport

Bath

Swansea

Stirling

SSSM Support



Role

Podium

Medallists

- Individual
- Performance plans
- Bespoke

Development

Talent

- Group
- Basic education
- Curriculum

Strategy

Teams & Programmes

- Camps & competitions
- Research & innovations
- Developing the service

Objectives



Health

Macronutrients
Micronutrients
Fluids



Training

Fuelling
Recovery
Adaptation



Competition

Supplements
Ergogenic aids
Bespoke plans

Metabolic Statistics (per day)

Training

Swimming

- . 5 hours
- . 10-15 km
- . 300-600 kcal.hr

Land

- . 1 hour
- . Weights, cross, ballet
- . 250-500 kcal.hr



Metabolic Statistics (per day)

Diet

“Macronutrients

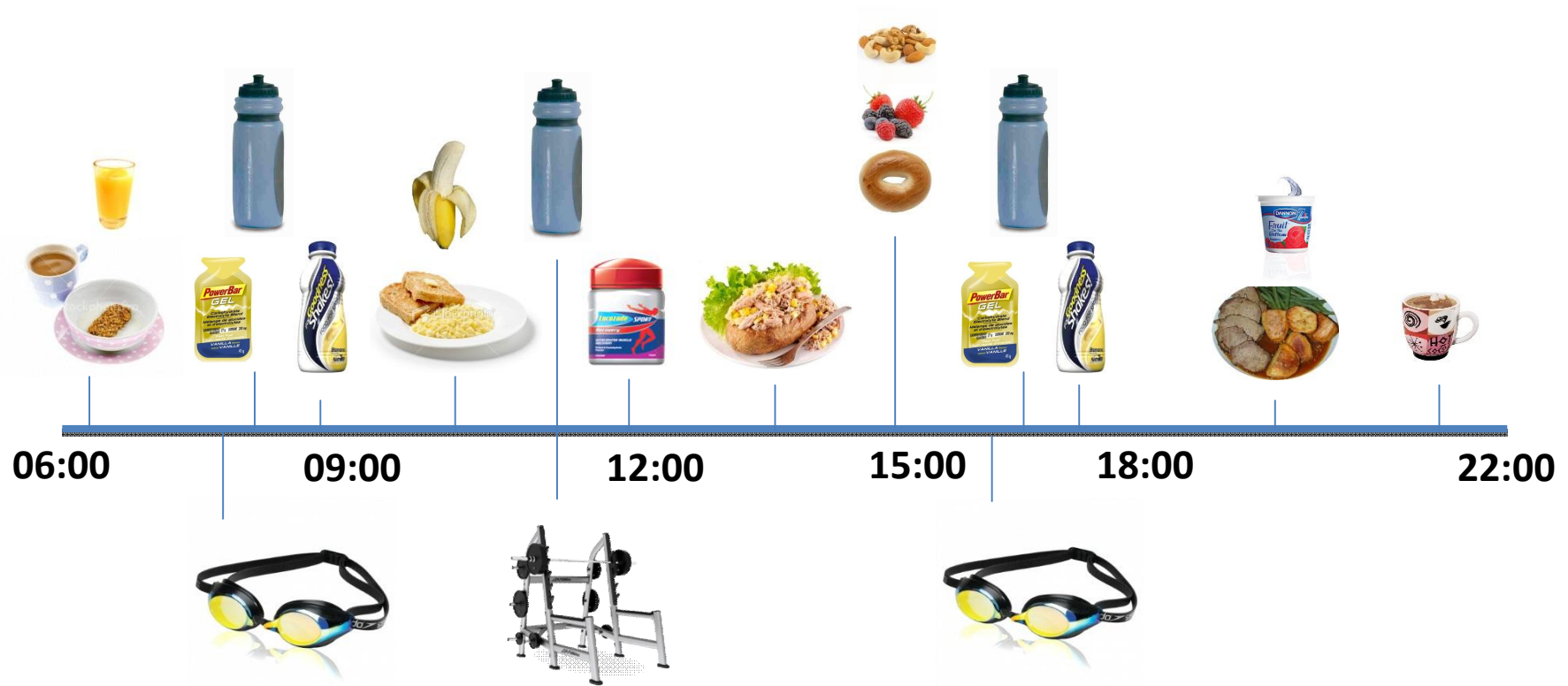
- . NRG 2500-6500 kcal
- . PRO 80-180 g
- . CHO 350-650 g
- . FAT 60g-120 g



“Fluids

- . 3000-5000 ml

Daily Regime



Swimming-Specific Issues

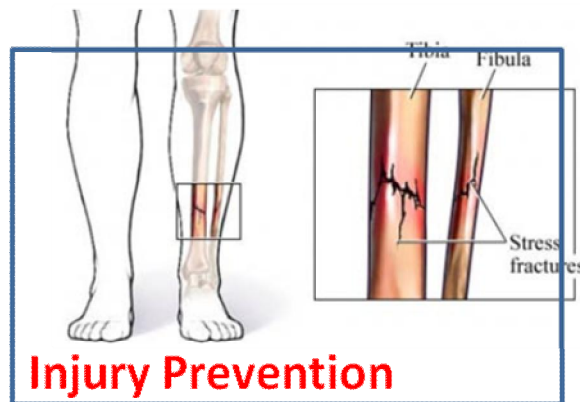
- “ **High rates of illness**
 - . Training loads & environment
- “ **Drag management**
 - . Pool temperature & appetite levels
- “ **Hypertrophy**
 - . Training stimulus & recovery
- “ **Recovery**
 - . Training programme & replenishment rates



ASA Supplement Policy



Milk Use in Swimming



PN @ London 2012



PN @ London 2012



NUTRITIONAL SYMBOL GUIDE
Nutritionnelle Symbole Guide

PORK Porc	CHICKEN Poulet
DAIRY Produits laitiers	GLUTEN Gluten
SOYA Soya	EGGS Oeufs
FISH Poisson	SHELLFISH Fruits de mer
TREE NUTS Noix	PEANUTS Cacahuètes
VEGAN Végétalien	VEGETARIAN Végétarien
HALAL Halal	

Parmesan Cream
Crème au Parmesan

PORTION	170 ml
ENERGY	225.40 kcal
CALORIES	946.68 kJ
PROTEIN	16.40 g
PROTÉINES	
CARBOHYDRATES	9.10 g
GLUCIDES	
FAT	13.70g
GRAISSE	
Of which saturated fat	7.50 g
Dont graisses saturées	
SODIUM	716.90 mg
Equivalent en sel	1.79 g
Equivalent en sel	







Bitter, Sweet, or Both??



Michael Jamieson
200m Breast Stroke
Silver



Rebecca Adlington
400m Freestyle
Bronze



Rebecca Adlington
800m Freestyle
Bronze



25 Finalists



Thanks for your attention!

Questions?

