



NUTRITIONAL PROGRAM

CALORIC INTAKE QUICK REFERENCE

Expected calories burned in multi-stroke 4000-meter swim workout by body weight													
Body Weight Lbs.	100	110	120	130	140	150	160	170	180	190	200	210	220
Calories Burned	624	686	749	811	874	936	998	1061	1123	1185	1248	1330	1337
Daily caloric intake requirements for days with swim practice only ranges from													
3000 to 3500 CALORIES													
Weight Range	100 lbs – 130 lbs			131 lbs – 160 lbs			161lbs – 190 lbs			191 lbs – 220 lbs			
Target Intake	3000-3125			3125-3250			3250-3375			3375-3500			
Daily caloric intake requirement for swim practice plus weightlifting and/or dryland ranges from													
4000 to 4700 CALORIES													
Weight Range	100 lbs – 130 lbs			131 lbs – 160 lbs			161lbs – 190 lbs			191 lbs – 220 lbs			
Target Intake	4000-4175			4174-4350			4350-4525			4525-4700			
WHEN TO EAT													
AM Snack	Breakfast			Lunch			Snack			Dinner		Snack	
6:30 – 7:00 AM	8:15 – 9:00 AM			11:45 – 12:15 PM			3:15 – 3:30 PM			5:30 - 6:00 PM		7:30 PM	
WHAT TO EAT													
Breakfast Options (Pick 1)				AM Snack (Pick 1)				Lunch (Pick 1)					
1. Oatmeal pkt. + banana + cocoa or milk 2. Bagel / 2 bread + 2tbs pb + yogurt + fruit 3. 2 cereal bars + yogurt + fruit 4. 2 scrdbl eggs + 2 toast + fruit + milk 5. Egg McMuffin + fruit 6. Cereal + low fat milk + fruit				1. Sports/Protein bar 2. ½ cup of nuts +apple/orange 3. PB crackers + banana 4. PB/banana/honey sandwich				1. Pasta w/sauce + salad + protein in salad or sauce + glass low fat milk 2. 2 med slice cheese pizza + salad + fruit 3. 6" sub-sandwich w/cheese and meat and vegetables + fruit + glass of milk 4. Salad w/turkey, cheese or egg, beans, dressing + roll or bagel w/PB.					
Post-Workout Snack (Pick 1)				Post Dinner Snack (Pick 1)				Dinner (Pick 1)					
1. PB Crackers with banana 2. Yogurt with whole grain cereal 3. Sports Bar (Luna, Cliff bar, Powerbar) 4. ½ Cup nuts + apple or orange				1. Chocolate Milk 2. Crackers + Humus 3. Veggie sticks + Humus 4. Fruit Juice 5. Egg sandwich				1. Chicken & veggie stir fry over brown rice 2. Cheese tortellini w/marinara sauce + salad 3. 6" hoagie (turkey, ham, roast beef, cheese and veggie) + salad or soup 5 Veggie burger + yogurt or milk 6 Grilled chicken salad + baked potato w/cheese and broccoli					
TARGET FOODS AND RATIOS													
Plates should be: ½ Fruits & Vegetables, ¼ Protein, ¼ Carbohydrates													
FATS				PROTEINS				CARBOHYDRATES					
Unsaturated: vegetable oil, nuts, seeds, avocados. Fat needed for energy.				Lean meats, poultry, fish, eggs, egg whites, low fat dairy, beans and soy products.				Fruits, vegetables & whole grains, potatoes; raisins, Cliff bar, Powerbar, Apple, Skim milk					

YOU MUST EAT MINIMUM OF 5 TIMES A DAY – MEALS & SNACK

Successful athletes eat correctly, get 8 hours of sleep, and stick to a hydration plan!