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Effects of Nutrition on Swimming: Conclusion

Following my research on swimmers’ meet day eating habits, I conclude that the most effective eating approach varies by individual athlete but for the most part entails a unique pattern of strategically fueling and refueling. My studies illustrate the struggles and discrepancies within my immediate swim community regarding how to eat to optimize performance, but my results, along with information from nutrition experts, provide a guide for improvement in the future. I now see that often times, swimmers’ ignorance regarding the importance of correct eating and drinking habits creates the underlying problem. My solution for this problem is to convey my findings to my teammates in order to educate them on basic athletic nutrition.

Following my action research, my team swam at our biggest meet of the short course season, Northern Divisional Championships. Armed with the findings of my research, we carefully planned out snack choices for this intense three day meet to stay properly fuel our bodies. Utilizing my discoveries regarding recovery nutrition, we were able to allow our bodies to be at the top of their game for the five sessions we swam over the course of the three days. Moving forward, my teammates and I will work to continue to adhere to the suggestions made by my findings in order to feel our best at practice and at race time.