



Swim Fuel

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2026 South32 Rottnest Channel Swim





What's on the agenda



Why Fuel?



Signs of under-fueling



Carb Loading



Pre/During/Post Training



Race Day Prep









Barriers – Tips and Tricks



WHY?

Eating to support your everyday and training requirements will...

-  **Boosts performance** → provides fuel so you can train harder, longer, and with more intensity
-  **Supports muscles** → aids repair, recovery, and growth; reduces muscle breakdown and preserves lean mass.
-  **Improves concentration, focus, coordination, and reaction time.**
-  **Reduces fatigue & dizziness** → prevents energy dips and lowers perceived effort during training.
-  **Improves recovery** → sets you up for faster, more effective recovery post-session, reduces fatigue, and curbs excessive hunger later in the day.
-  **Supports overall health** → maintains energy availability, crucial for healthy hormones, menstrual function, and immune health.







EVERYDAY FUEL

Training doesn't work without fuel.

Eating enough now gets you to the start line ready







Over the day

-  Try to be prepared – meal prep, frozen meals, cook in bulk and freeze, buffer with convenience options
-  Eat regular meals and snacks over the day
-  Stay hydrated
-  Monitor for signs of under fueling



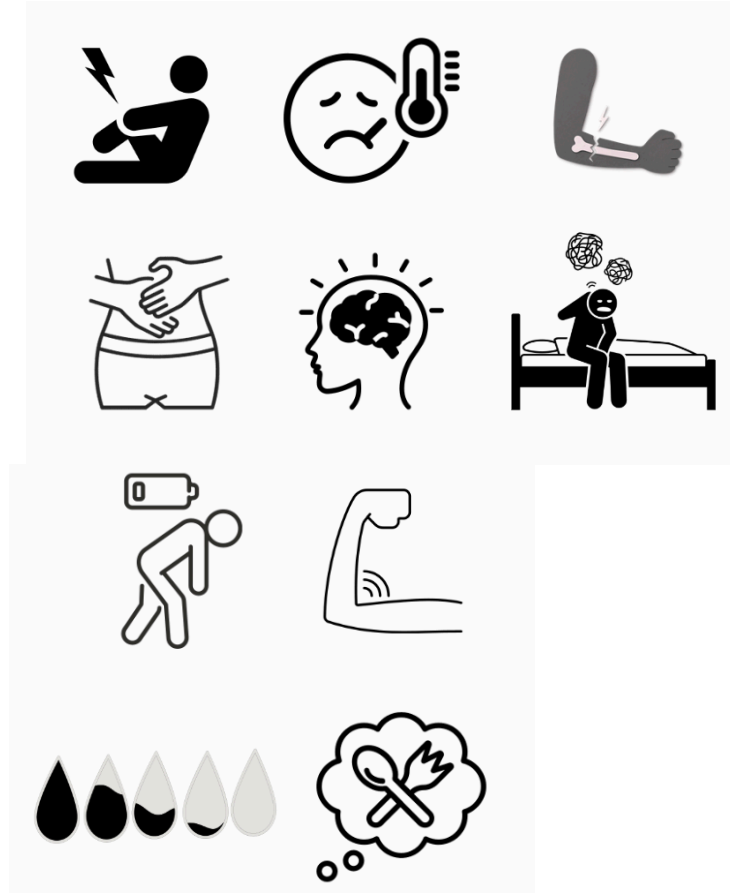


Signs of Under-fueling

-  Lower energy over the day, changes in mood and sleep issues
-  Increased injuries, trouble building muscle, slower recovery
-  Getting sick frequently
-  Digestive Issues, thinking about food ALL of the time
-  Changes to the menstrual cycle in females, low testosterone in males
-  Declining performance and enjoyment in sport

Have regular check-ins with yourself!

Get support if needed as we all have individual requirements



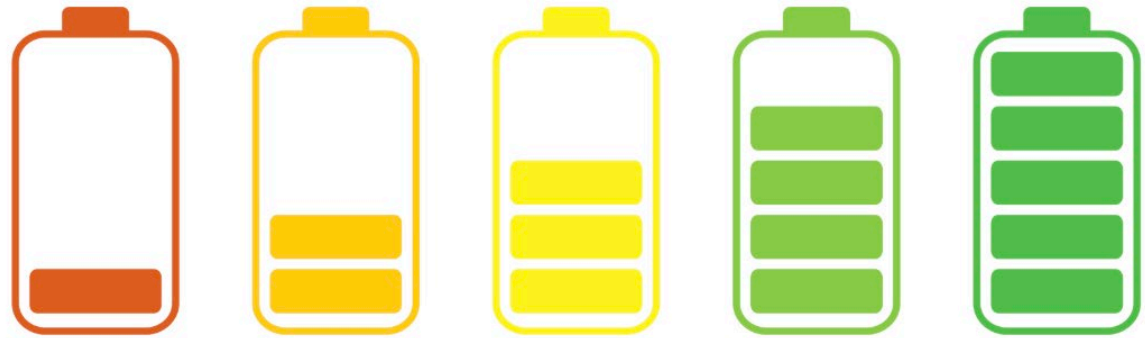


Fuel your training first

Pre Training

During Training

Post-Training



Optimize training readiness, performance and recovery

Finding what works for you!

Perfect opportunities to practice for race day









Carbohydrate Loading

WHY? To maximize muscle glycogen stores before endurance events
Helps **delay fatigue, enhance performance, and improve recovery.**
3-4% increase in performance vs 6g/kg!










How & TOP TIPS

-  8-12g/kg bw of carbohydrates 1-3 days before and the day after an event. (along with rest/taper!)
-  Focus on **low-fibre**
-  **Spread intake evenly** over the
-  Include **Liquid-based carbs** eg. Juice, sports drink etc.
-  **Trial during training** – at least 1-2 times before the event (so your body knows what to do) never try something new on race day!
-  **Common Carbohydrate-Loading Foods:** white bread, crumpets, English muffins, white rice or pasta, juice, sports drink, low-fat yoghurt, milk, custard, canned or stewed fruit, jam, honey, simple cereals



Carbohydrate Loading

EXAMPLE DAY – 80kg athlete = 800g of carbohydrates

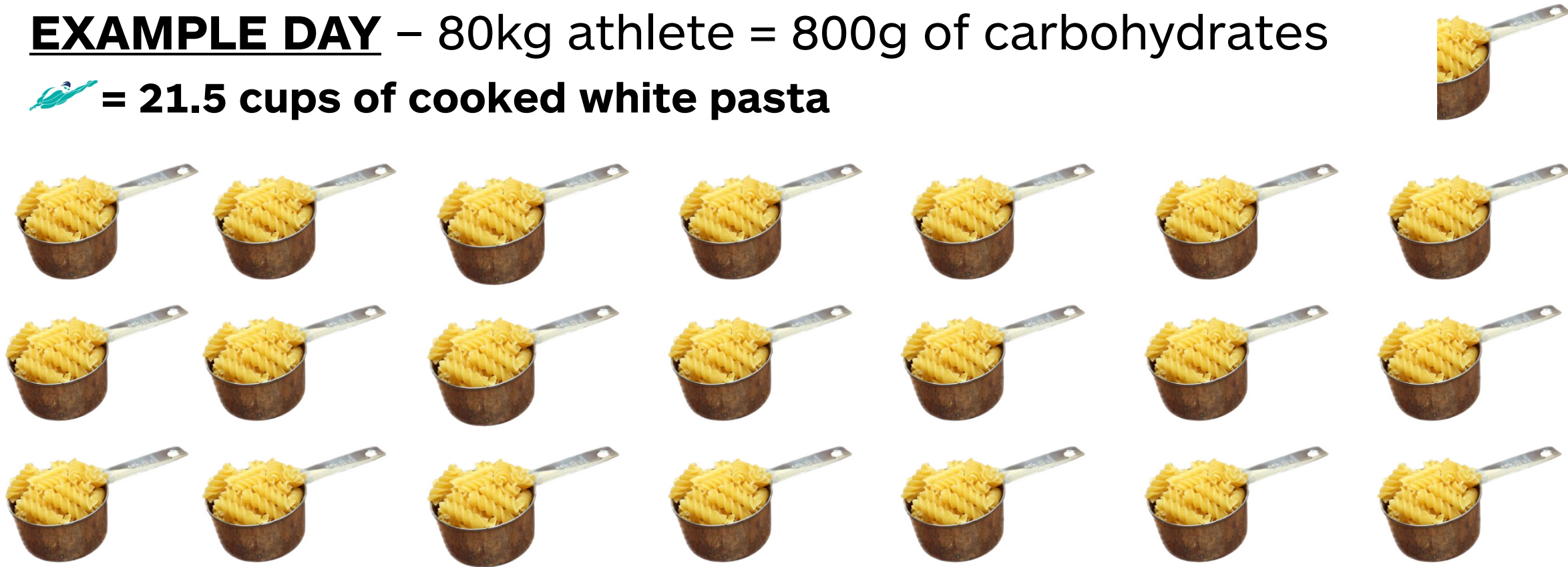
-  **BREAKFAST:** 4 crumpets + jam/honey + banana
-  **MORNING TEA:** Simple smoothie (banana, low fat milk, oats, honey), ½ packet of natural confectionary lollies
-  **LUNCH:** Meal with 3 cups rice
-  **AFTERNOON TEA:** Jam sandwich + ½ packet of lollies
-  **DINNER:** Meal with 3 cups rice
-  **SUPPER:** 1 cup ice cream or low fat yoghurt or cereal
-  **+ 3L of Fluid over the day!**



Carbohydrate Loading












EXAMPLE DAY – 80kg athlete = 800g of carbohydrates

 = **21.5 cups of cooked white pasta**





Pre-Training/ Event

-  **Carbohydrates + Hydration = Energy for your working muscles**
-  **2-4hrs before** = pre-training meal (Carbohydrate focused, lean protein and minimal fats and fibre)
-  **1-2hrs before training** - always include a low-fat, high-carbohydrate snack and aim to begin hydrated.
-  Liquids may be consumed immediately before training.
-  **Choose 1-2 option** if you have less than 30mins if you can tolerate, otherwise choose 2 options
 -  Banana or 2-3 dates
 -  ½-1 cup cereal with milk
 -  Up and Go or BOM
 -  1-2 slice raisin toast/toast/bagel with jam/honey
 -  Puree fruit pouch or fruit juice box
 -  Muesli or oats-based bar

 **Your Gut Can Be Trained!**





Pre-Training/ Event



~2Hrs Before = Familiar meal



1 hr







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During







-  Carbohydrates + Hydration
-  Train your gut, find what works for you – timing and quantity
-  Start small and build
-  Training is a great opportunity to trial race day



| Training/Event Time | Carbohydrate Suggestion | Carbohydrate type |
|---------------------|-------------------------|--|
| 1-2hrs | 30-60g/hr | Any form carbohydrates |
| 2-4hrs | 40-90g/hr | Multiple transportable carbohydrates Glucose + Fructose |
| >4hrs + | 60g, up to 90-110g/hr | Multiple transportable carbohydrates Glucose + Fructose |



Hydration





-  Monitor hydration status
-  500-750ml/hr – you can train this also!!
-  Pre/post weighing
-  Race conditions
-  Sodium replacement
-  Practice with warm drinks if you get cold










Feed Options

What to decide

-  Carb Goal/hour -80-90g/hr
-  Fluid Goal/hour – 500-1L
-  Feed timing – 15, 20, 30mins max
-  Feed Technique – pole, cup on a string/leash, pop tops etc

FOR EXAMPLE

-  Carb Goal/Hour = 90mins
-  Fluid Goal/Hour = 600ml/hr
-  Feed timing = every 20mins
-  Feed Technique = paddler will pass pop tops
-  Therefore each feed must contain ~30g carbs and be made up to 200ml



Feed Options



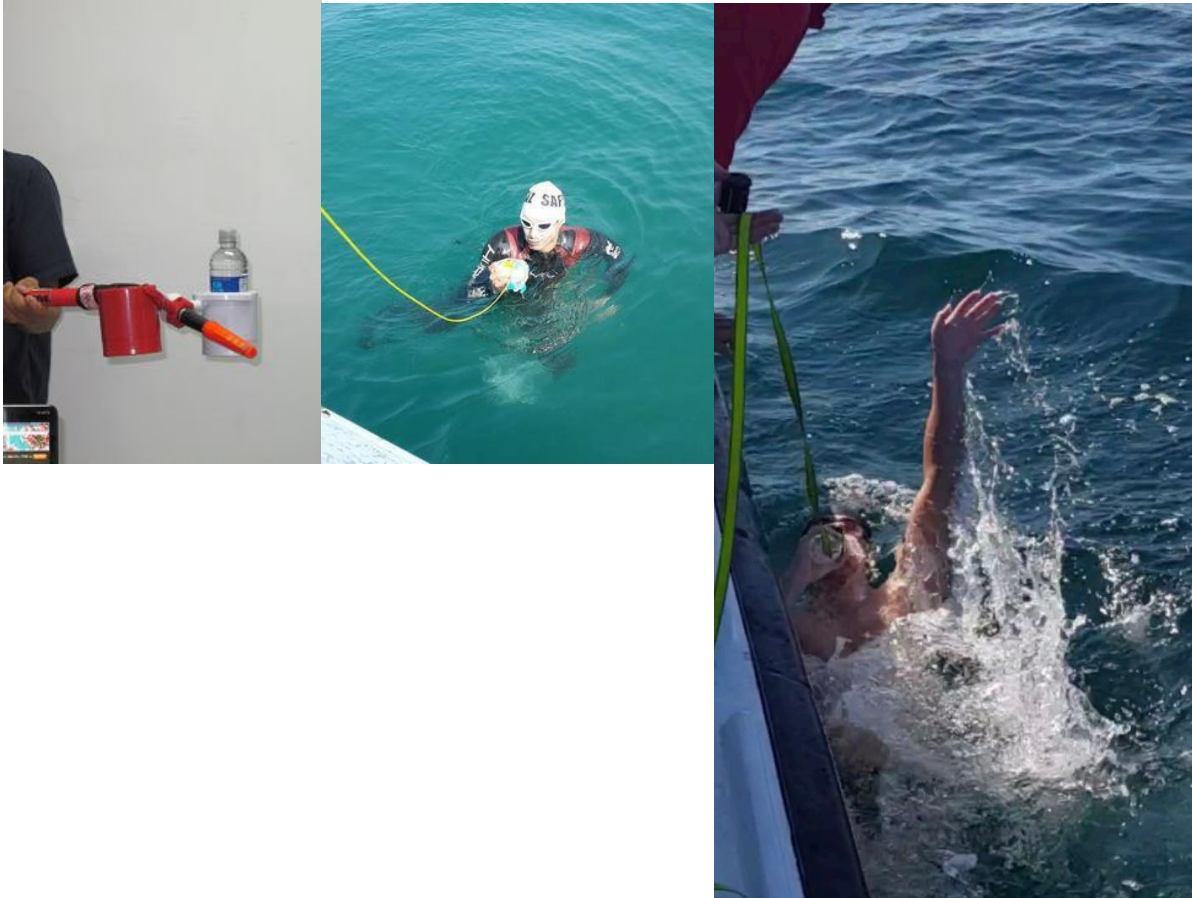
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Warm Feeds?





Feed Options




15- 30secs?



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Recovery

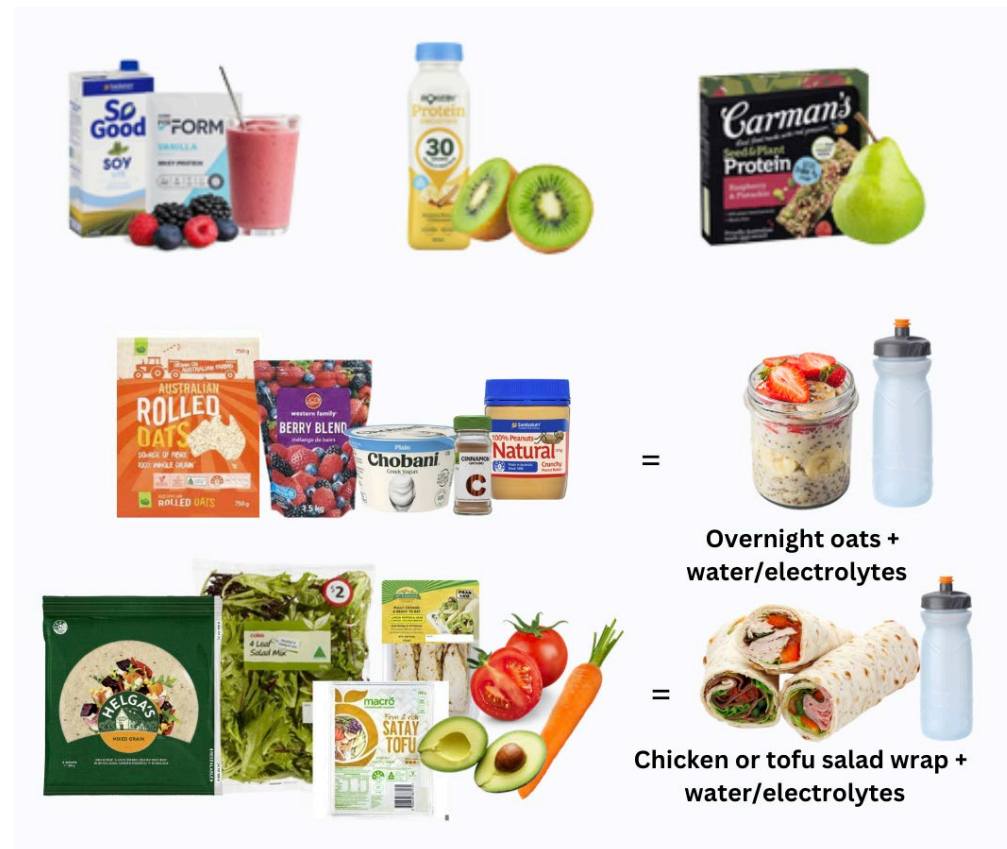
 Repair (Protein) + Refuel
(Carbohydrates) + Rehydrate
(Fluid)

 Snack within the first hour

 Meal within 3-4hrs

 You can recover well and
celebrate!




 Carb Load the day after?









Caffeine

Guidelines

-  Plasma levels peak ~30-90mins
-  1hr pre-event and every 3hrs
-  AIS: 1-3mg/kg bw

Sources






-  NoDoz 100mg
-  Red Bull 80mg
-  Coke 70mg
-  Caffeinated gel (varies) 70-100mg

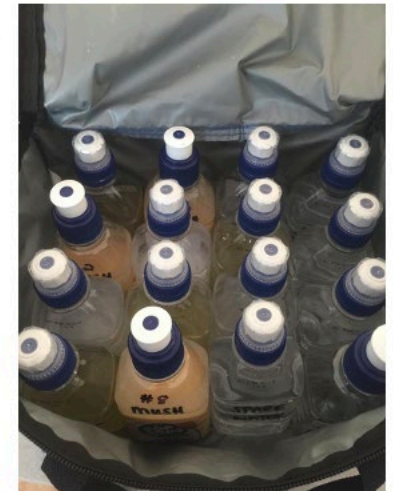




Race Day Prep

GET ORGANISED!

-  Label everything in the order that you will consume
-  Have a few different flavour/feed options
-  Brief your support crew and give them a fuel log – practice with your paddler beforehand
-  Finish all food stops
-  Warm liquids if necessary





Barriers

Nausea and Vomiting

- 🏊 Train your gut during training and in different open water conditions
- 🏊 Discuss anti-nausea prescription medication with your doctor
- 🏊 Try multiple options to find what works for you
- 🏊 Have a back-up plan!

Challenging Conditions

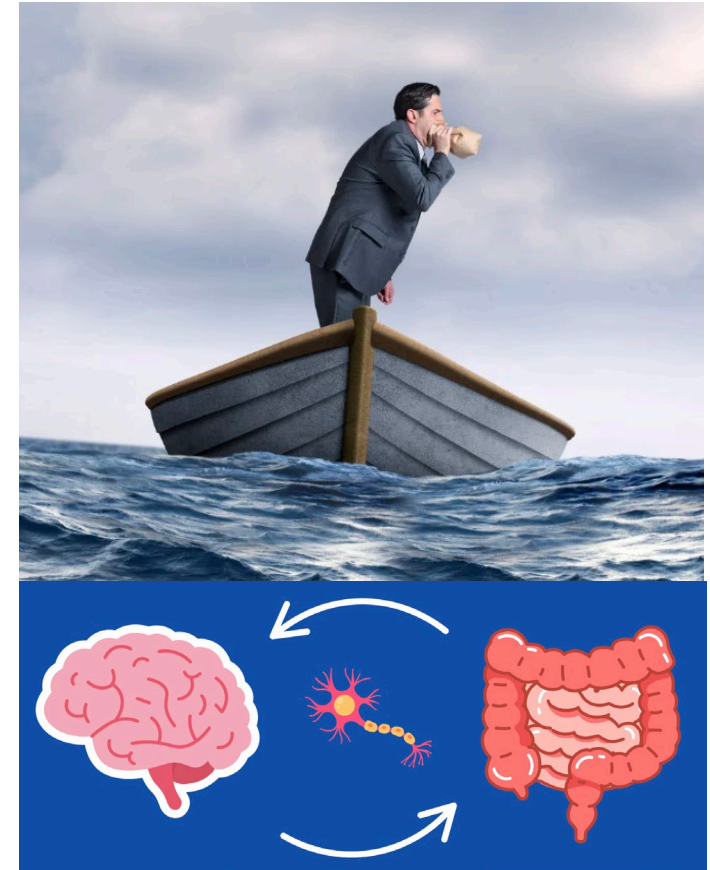
- 🏊 Think when choosing feeds, “could I consume this if the weather turns to sh**”

Getting Cold

- 🏊 Frequency of feeds
- 🏊 Warm feeds
- 🏊 Body Fat %

Clumsy Paddler Hands

- 🏊 Practice practice practice
- 🏊 Have extra feeds
- 🏊 Adapt and overcome





Thankyou!

Fuel Your Training
Practice what feels best for you
Be organised
Have Fun!





If you need a hand!

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Follow On Instragram!

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