

# Fuelling a regular training week

## Common challenges:

- 1 Eating breakfast before an early-morning training session, when not feeling hungry
- 2 Maintaining good quality nutrition whilst at school, without isolation from peers
- 3 Fuelling and recovering on-the-go pre and post evening training sessions



For further information, follow this QR code to the SwimWales website



## School day tips



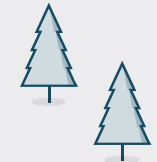
Packed lunch  
'insurance policy'



Snack frequently  
throughout the day



High quality  
breakfast and  
a meal straight  
after school



Fresh on-the-go  
options e.g. fresh  
noodles, grilled  
chicken wraps,  
burritos, pasta pots  
and sandwiches/wraps



'Fuelling  
first aid' kits



Batch cook  
meals to have  
in the car  
e.g. tuna pasta

## On-the-go tips



'Something  
is better  
than nothing'  
– choose a  
carbohydrate  
dense option  
e.g. fruit or  
cereal bar



Drinking is  
easier than  
eating  
(e.g. smoothies,  
juices and milk)



Fuel up  
extra the  
night before if  
appetite is low  
in the morning

## Breakfast tips

sportwales  
chwaraeoncymsu

THE  
NATIONAL  
LOTTERY

SWIM WALES  
NOFIO CYMRU