

Fact sheet: Nutrition in times of low training volume EN

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Phases with reduced training (i.e., current COVID-situation) provide specific challenges to sustain body composition and health.

Nutrition is an important contributing factor to avoid nonfunctional gain in body weight (fat mass) without compromising immune system.

Training, however, is the key player for preservation of muscle and lean body mass.

The following guidelines may help you to achieve these goals:

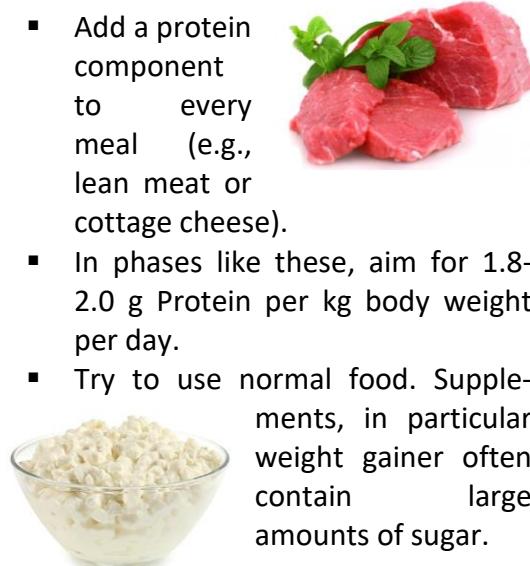
Cross-training:

- Perform alternative training on-land (i.e., strength training).
- Use **whole-body endurance training** as main alternative aerobic stimulus (i.e., rowing).
- Take it easy with **running** exercise if you are not used to it (3x per week 30-45 min).
- **Cycling** is a good non-impact alternative you can easily use with larger volume (>60 min sessions).
- Benefit from exposure to **daylight** and production of vitamin D when exercising outdoors.
- Warmer temperatures might soon provide **open-water training** opportunities. Pay attention to water temperature, wet suit use, and safety (i.e., accompanied by boat, another swimmer, or safety buoy).

- Coordinate and periodize cross-training with your club coach and do not hesitate to contact us if you may have any questions.

Proteine:

- Add a protein component to every meal (e.g., lean meat or cottage cheese).
- In phases like these, aim for 1.8-2.0 g Protein per kg body weight per day.
- Try to use normal food. Supplements, in particular weight gainer often contain large amounts of sugar.



Carbohydrates:

- Reducing carbs are a bit is a great way to decrease overall energy intake in phases with less training.
- 16 : 8 (hour) periodization: carbs during the day but not during the night might help to reduce overall energy intake without compromising carbohydrate available for training.
- Check ingredients and reduce food with >4 g sugar per 100 g to a minimum.



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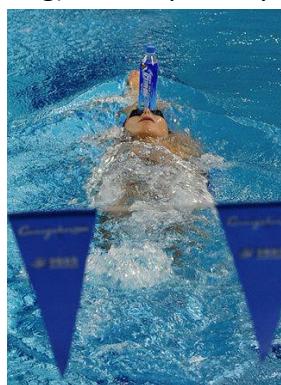
Fat:

- Check ingredients for high fat content – some food contains far more fat than one might think (i.e., fried food, convenience products, fast food, sausages, pizza, salad and meat sauces).



Fluid:

- Drink before you are thirsty. 1.5 to 2.0 L of (sparkling) water per day reduces appetite for sweets and soft drinks.
- Check urine color for hydration status: *dark yellow* shows a state of dehydration - *clear white* that you are well hydrated.



Contact and further information:

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Vegetables are your big buddies:

- For vegetables there is the all you can eat rule. High in vitamins, low in energy they will help to keep you in shape.
- Try to eat at least 5-7 pieces of vegetables or fruits per day.



Not to forget:

- Avoid Fast food and convenience products.
- Check body weight regularly.
- Before you eat the 2nd plate during a meal, wait for 5-10-min after the 1st one, drink a cup of water, and consider if you are still hungry or just eating out of routine.
- These days, you have more time than usual. Use it to cook your own meals. Learn new recipes and feel how good food will boost your energy.



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