

# GMVY SWIMMERS' ~ READ BELOW FOR HOLIDAY TRAINING

## The Holiday Blahs

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Well, here we are again. The stroke clinics are over. The pre-season times are in the book, and it is time to get after it. The heavy holiday training season is upon us.

So, what actually happens to us physiologically during this training period, and how do we benefit from it all? Double practices with longer training sets typically are part of the Holiday fare. For those of you in school, training replaces sitting and studying. But with all of the extra training comes the potential to do damage to your body.

Let's say hypothetically, a swimmer sleeps seven hours, drinks 40 ounces of water to maintain normal hydration and eats 3,500 calories per day with NO FAST FOOD! All of these parameters have to increase when the workload increases. If you do not adjust them, you can slide into a state of overtraining whereby the muscle cannot adapt to the workload and begins to break down.



### Sleep needs to increase.

This will mean a mid-day nap following morning practice, but not so long as to interfere with your rest at night (*or missing afternoon practice*). A 60-90 minute nap should be enough.

### Hydration needs to increase.

How do you know how much is enough, when everyone's needs are very different? The easiest way is to look at your urine. You need to hydrate to the point that your urine becomes as clear as water, without yellow color.

This will require your usual water consumption during practice and adding as much as 64 ounces during the day. Hydration is critical to washing out impurities from muscle breakdown and refueling for the next training session. No matter how much water it takes, DO IT!



### Calories need to increase.

High-quality calories are fuel. Fast food is not high-quality fuel. Eating fast, greasy food is like putting regular gas in a high-performance racing car. The old adage of "Garbage in/garbage out" really applies here.

Remember to fuel your body quickly after practice ends by eating healthy carbohydrates within the first 20 minutes of the workout. You can refer to the prior USA Swimming medical brief entitled "*Is It All in the Water?*" for more specifics.

The critical aspect is that you have to keep up with the calorie needs. If you fall behind and your muscle goes into failure, it may take weeks to get the balance back while continuing to train hard.

Many experts would equate the old term "over training" as starting with an imbalance of sleep, hydration, and nutrition when compared to the training load. However, you can avoid all of these problems and come out of the Holiday season ahead of the game without the Holiday Blahs.

**Ready? Training commences now!**