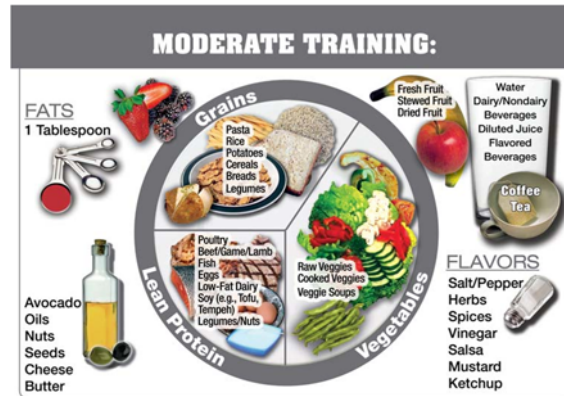


NUTRITION – PERFORMANCE NUTRITION STARTS NOW!

DAILY GOOD FUEL → HIGH QUALITY PRACTICES → HIGH PERFORMANCE RACING



US OLYMPIC COMMITTEE'S ATHLETE'S PLATE

One of your most powerful training tools outside of the pool is good nutrition. Choose good fuel from the start of the season and throughout the season to maximize performance in the pool!

HOW TO DO PERFORMANCE NUTRITION?

- Print the USOC's Athlete's Plate model [Here](#).
- Post it in your kitchen.
- Follow it! Every meal, everyday, as much as possible.

[Nutrition Archives](#)