

Daily Nutrition Plan: Competition Day

6:00 Warm-up	
8:15 Heat	
10:00 Heat	
11:15 Heat	
12:30 Afternoon warm-up	
1:30 Final	
2:30 Final	
3:00 Final	

Daily Nutrition Plan: Practice Days

Practice 6:30-7:30	
Practice 6:30-8:30	