

Guidance for Ramadan

Nutrition and Competition



Competition Guidance – Ramadan

Qualification Window: 9 March to 12 May 2024

The dates of the qualification window are set annually by the Cross-Home Nations and British Swimming Performance Implementation Group. After considering feedback from the competitive swimming community, the decision has been taken to open and close the window slightly earlier, both to limit the crossover with the school examination period and to allow for a longer run-in and training block between the close of the window and into the domestic end-of-season meets.

The competitions also form part of the broader Performance Pathway Strategy to support junior talent across Great Britain on their journey towards senior medal-winning performances at international level in the years ahead.

The need for the window can be split into two main aspects:

1. Swimmers were over competing throughout the season chasing qualification times with an emphasis on outcomes.
2. The competition period clashed with important academic commitments.

The British qualification window gives clarity to the competitive swimming calendar and clearly defines the purpose of the 3 cycles throughout the season:

Cycle 1 (September-December): Training and improvement focus period, time to work on developing areas and process.

Cycle 2 (January-April): Continue to improve training areas but begin to emphasise on implementing improvements into competition.

Cycle 3 (May-August): Competition phase and focus on performing at the end of the season meet.

The qualification window for 2024 will be from the 9 March to the 12 May. Ramadan begins the first weekend of the qualification window leaving six potential weekends to race and gain qualification for British and English Summer Nationals outside of the Ramadan period.

Competition guidance

Window competition guidance through Ramadan

We would recommend that individuals observing Ramadan aim to compete three times during the qualification window. This would consist of:

- One Prep Competition
- One Peak Performance Competition to complete Cycle two
- One Contingency Competition.

This strategy will provide the opportunity to gain qualification times but also keep an emphasis on development in training for a strong end of season performance.

Swimmers observing Ramadan can implement the above strategy with minimal impact on their opportunity to qualify for Summer Nationals.

By competing in the opening weekend (mid-March) this will enable the swimmer to compete with minimal effect of Ramadan, gain ranking times and also produce recent times for later in the window. Some swimmers may qualify for the British Championships, in this case the British Championships meet would become target meet priority (taking note of Swim England Nutritional Guidance for support while training and at the meet).

Prior to Ramadan, swimmer will be able to participate in a more intense training programme. Consideration may need to be given to the type of events the swimmer competes in with a potential focus on the more endurance aerobic based events.

Swimmers competing through Ramadan (mid-March early April) will be able to lessen the impact of Ramadan on performance by following the Swim England Ramadan Nutrition and training guidance. Swimmers will have performed training of a predominantly low level aerobic and short speed nature. Consideration may need to be given to the type of events and number of events competing in, with a potential focus maybe more targeted and specific.

Swimmers competing post Ramadan period (latter April early May) should be able to compete in a variety of events and should have little to no impact on competition scheduling.

Example Competition Plan

Week 1 (March)

- Balanced programme of events that the swimmer agrees with home coach.
- Guidance would be to consider events that are more endurance based if you are a multi-event swimmer (200m to 1500).
- Taking note of Swim England Nutritional Guidance.

Week 2 (March)

- Training emphasis throughout Ramadan taking note of Swim England Nutritional Guidance.

Week 3 (March)

- Training emphasis throughout Ramadan taking note of Swim England Nutritional Guidance.

Week 4 (April)

- Training emphasis throughout Ramadan taking note of Swim England Nutritional Guidance.

Week 5 (April)

- If qualified for British Championships, this meet would become the target meet priority. Taking note of Swim England Nutritional Guidance for support while training and at the meet.
- If not, training emphasis throughout Ramadan taking note of Swim England Nutritional Guidance.

Week 6 (April)

- Training emphasis throughout Ramadan taking note of Swim England Nutritional Guidance.

Week 7 (April)

- If not competing at British Championships this weekend could be a potential target meet weekend.
- Compete in a balanced programme of events that the swimmer agrees with home coach.

Week 8 (April)

- Training emphasis throughout Ramadan taking note of Swim England Nutritional Guidance.

Week 9 (May)

- Balanced programme of events that the swimmer agrees with home coach.

OR

Week 10 (May)

- Full programme of events that the swimmer agrees with home coach.

Example of seasonal plan

2023-2024

DATES	MONTH	January					February				March				April				May			June				
	WEEK BEGINS	01 January 2024	08 January 2024	15 January 2024	22 January 2024	29 January 2024	05 February 2024	12 February 2024	19 February 2024	26 February 2024	04 March 2024	11 March 2024	18 March 2024	25 March 2024	01 April 2024	08 April 2024	15 April 2024	22 April 2024	29 April 2024	06 May 2024	13 May 2024	20 May 2024	27 May 2024	03 June 2024		
										Preparation Meet					British Championships Target meet option one	Target meet option two				Back up meet option one	Back up meet option two					
WINDOWS	Qualifying window																									
	Ramadan																									

	Target Meet
	Target meet if not attending BC consideration given to Endurance events
	Preparation or Back up options, with consideration given to anaerobic events

