

Care and Feeding of Olympic Athletes

Explore some facts and figures behind the care and feeding of competitors at the London 2012 Olympics.

19 Number of days of competition



5 Number of recovery days for Team GB road cyclist Bradley Wiggins between winning the Tour de France and competing in Olympic cycling events

10 Litres of fluid road cyclists consume during gruelling races, such as a stage of the Tour de France



10,490

Number of athletes competing



5,000

Paid employees at the London 2012 Organising Committee at Games-time



5,000

Number of anti-doping samples expected to be taken during the Olympics



6

Number of dentists on duty



375

Number of doctors on duty during the competition

1.2 mil.

Number of meals served to Olympic athletes



1,300

Types of dishes the athletes can choose from



2.7 mil.

Number of bananas expected to be consumed by athletes during the games

8,000-10,000

Number of calories consumed per day by gold medal-winning swimmer Michael Phelps



WebMD

Sources: London 2012/LOCOG; BBC Media Centre; WebMD news; *The Olympic Diet of Michael Phelps*; *International Women's Day: A time for reflection*; Sky Procycling; *Nutrition key for your test*; The Independent

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The Care And Feeding Of Athletes

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