

Endurance for Basketball

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ENDURANCE -- *The ability or strength to continue or last, especially despite fatigue, stress, or other adverse conditions; stamina. To endure, you have to have the mental wherewithal, the cardio conditioning, the strength conditioning and **nutritional conditioning!***

When we talk about nutrient timing, we often talk about it in the context of what and when to eat before, during and after conditioning, practice or games. However, as an athlete, in order to fuel and nourish yourself for the competitive basketball season, all meals count. **Get strategic! Plan ahead, think this through.** It can be a challenge given all you have going on: School, work, practice, conditioning, games/travel, family, homework, social, music, and spiritual practice. So, how can you fit eating to play in such a packed schedule?!

This is not an optional part of your plan. This is a must-do!

Athletes often skip meals and show up at practice already underfueled. Skipping meals or underfueling early in the day also may lead to late at night overeating, which interferes with sleep. However basic as this may seem, it is the foundation for energy: Eat your meals!

By fueling in regular intervals throughout the day, you help ensure that you provide your muscles with needed energy to endure a hard practice, and give your cells the nutrients they need to do all the different functions required of them and have the fluid you need to stay well hydrated. **Consistency off the court helps with consistency on the court.** Energy, stamina, strength, focus and mood are all enhanced when well nourished.

If your typical day means grabbing a granola bar for breakfast, having a microwave mac-n-cheese cup for lunch, eating a big dinner because you're starving and then munching until bedtime, look at the example below and see how you feel after giving it a try.

HEIDI'S STAMINA PLAN--

7:00 AM - Build a Breakfast: *Foundation of day and energy -- People who eat breakfast have better moods, ability to concentrate, better body composition, better blood glucose control, and a bunch of other markers of better health as well as doing better in school!*

Choose a whole grain + dairy/protein + fruit + fat.

- Yogurt parfait (yogurt, berries, cereal, nuts)
- Oatmeal with nuts, cinnamon, dried fruits, glass of milk
- Eggs, breakfast potatoes, OJ
- Breakfast Burrito, melon
- Peanut butter--and-banana sandwich with a glass of milk



NEED MORE?

Combine (have a yogurt parfait and oatmeal with toppings...)

10:00 AM - Snack: Bridge the Hunger Gap: *Snacking on healthy foods can contribute to daily nutrition, in addition to keeping you energized.*

- Bar: nut bar, fruit bar, granola bar; whole fruit with peanut butter or cheese; trail mix; hummus with pita bread or vegetables

12:30 PM - Power Lunch: *Although it may be easier to hangout than munch out---eating lunch is really helping to assure you have the fuel to stay strong during after-school practice!*

- Salad with beans, seeds, veggies, and avocado; plus a cup of vanilla yogurt, small cookie
- Turkey sandwich, carrot sticks, yogurt cup, and a piece of fruit
- Grilled Chicken Wrap with lettuce and tomato, and glass of fruit juice
- Pasta with meat sauce, apple, and glass of milk

3:30 PM - Tip Off The Tank: *Before heading into practice. Consuming even 25 grams of carbohydrate can help your reaction time, reduce your chance of injury, keep your skills sharp, delay fatigue and increase endurance.*

- Try applesauce or a few pretzels or crackers, a small yogurt, or if cutting it close to practice, a sports drink.

4:00 PM – 6:00 PM - Practice

6:15 PM - RECOVER: *After a tough practice consuming a carbohydrate and protein-rich snack can help refuel and re-build tired muscles! Aim to refuel within 30 minutes of practice, when the muscles are most receptive.*

- Chocolate Milk
- Whey Protein and carbohydrate Shake
- Smoothie with Greek yogurt and berries



8:00 PM - Dinner: *Dinner is your way to replenish energy from an active day and prepare for the following day's practice.*

- Chicken and Vegetable stir fry over brown rice, mango for dessert
- Minestrone soup, Lean sirloin steak, sweet potato, sautéed spinach
- Rice and Bean burrito with cheese, cooked mixed vegetables, pineapple for dessert
- Turkey burger with bun, side salad, and baked potato

10:00 PM - Snack: *Top off energy stores and curb hunger before bed with a light snack!*

- Banana dipped in 2 tbsp. chocolate sauce and 2 tbsp. cashews
- Fruit and an ounce of cheese
- Cup of vanilla yogurt
- Small bowl of cereal and milk
- Small turkey sandwich



Be sure to drink water, juice or milk with each meal - and throughout the day!

Meal size will need to be adjusted based on your height, weight, age and activity.

Timing may be modified to suit travel and game schedules, but always plan ahead to have snacks and meals distributed throughout the day.