

Basketball Prescription

Basketball season is long and demanding, both physically and mentally. Every week brings a different energy. Some weeks may have three games at home, while the next is the start of a ten-day road trip.

Heavy training requires proper recovery modalities to maintain optimal health. By maximizing recovery strategies through nutrition, the training room,amentals, and sleep, you can keep your athletes functioning at a high level. Basketball schedules include practice, recovery, game, and travel days. They all look a bit different from a fueling perspective.

PRACTICE DAY

8am	Breakfast Carbohydrate focus with protein and healthy fats to balance. Top up glycogen (energy) stores with carbohydrate rich foods - bread, oats, potatoes, fruit, apple sauce.
9:30am	Treatments 1 serve of caffeinated <u>2before Blackcurrant Pre-workout</u> powder mixed with 6 oz. water or apple juice. Consume 30 min before training. Pair with simple carbohydrate snack.
10-12pm	Training
12pm	Recovery Smoothie Rich in carbohydrates, antioxidants, and protein. Consume within 1 hour of finishing training to maximize absorption and recovery.
12:30pm	Lunch Carbohydrate rich with protein to enhance muscle recovery following training

2pm	Massage/Treatments
4pm	Afternoon Snack High protein with carbohydrates. Add 1 serving of <u>non-caffeinated 2before Blackcurrant powder</u> for additional immune support.
7pm	Dinner Protein, healthy fats, and carbohydrates paired with antioxidant rich vegetables to promote recovery through sleep.
8pm	Bedtime snack Protein rich snack

The nutritional focus on practice days is keeping energy levels high throughout training and proper recovery to support training adaptations. These are achieved by timing meals and snacks appropriately around exercise.

Ideally, consume a balanced meal with carbohydrates, protein, and fats 2-3 hours before training. This time allows for digestion and minimizes feeling heavy on the court. Breakfast is the first opportunity to fuel with nutrients and energy.

Closer to training, fuel with simple carbohydrates and pre workout supplements 30 minutes - 1 hour before. Examples could look like a pouch of applesauce or a bag of pretzels paired with a sachet of 2before's caffeinated blackcurrant pre workout.

Recovery nutrition following training is optimal within the first hour after exercise. Consuming protein and carbohydrate-rich foods enhances muscle repair and replenishes glycogen stores. The remainder of the day should include a balance of macronutrients and antioxidants to support energy levels and recovery for the next day of training or competition.

RECOVERY DAY

Fueling on a recovery day is just as important as on a practice or game day. Although energy expenditure is lower, these days serve as an opportunity for the body to rest and repair. Meals will focus more on antioxidant-rich fruits and vegetables and balancing them with lean proteins and carbohydrates.

In addition to a balanced diet, supplements like 2before's caffeine-free blackcurrant powder can provide additional nutrients to enhance recovery. Consume one sachet in the morning with breakfast or have it as your hydration with dinner.

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GAME DAY

Generally, game days are the longest days of the week. Morning time begins with training room activation, treatments, and a shoot-around court session. Afternoons can be quieter. Then the game day routines start in the late evening. The same fueling applies before a game where you want a full meal 2-3 hours before and a light snack 30 minutes - 1 hour before the start.

Consuming a sachet of caffeine-free blackcurrant powder **30 minutes before game time** can elevate focus and energy without compromising sleep. Supplementing **post-game** can also be beneficial to support the recovery process.

A combination of nutrient timing and strategic supplementing will support the nutritional needs of athletes. Prioritize nutritional, physical, and mental recovery modalities to promote health and longevity throughout the season.