PERSONALISED ENDURANCE TESTING IN TOP LEVEL BASKETBALL PLAYERS

Introduction
After more than 25 years designing specific endurance tests for basketball players and having applied them in different basketball teams (Spanish under-20 national team, young-player teams, ACB-1st div, LEB1-2nd div, LEB2-3rd div and EBA-4th div of Spanish leagues, NCAA Division I and High School of USA leagues), it is evident the need for a dynamic personalization of endurance testing.

Purpose
The aim of this study was to analyze the evolution of the endurance capacity measured with personalized tests, in five professional basketball players during two consecutive seasons (LEB1 2nd division and ACB 1st division of the Spanish leagues).

Methods
One test with specific offense and defense actions for interior players (centers and power forwards) and another test with specific offense and defense actions for exterior players (point guards and forwards) in which the player had to perform the sequence of specific actions as many times as possible during four 2-minute effort periods alternated with 30-second rest periods were used to measure the endurance capacity during the first season (LEB1 2nd division). One test with specific offense and defense actions for each player (AO, FL, JP, JC, JS) consisting on eight 1.5-minute effort periods alternated with 30-second rest periods were used to measure the endurance capacity during the second season (ACB 1st division). The number of actions performed (each period and total), recovery heart rate (each 30-second rest period and at 1, 2 and 3 minutes of end) and performance index (number of actions/heart rate for each period and total) were evaluated and the test was performed six times (at beginning and end of pre-season and after three mesocycles of each season).

Results

Conclusions
1. The type of endurance testing proposed, with options to personalize the type of actions and the duration and number of effort-rest periods, is useful for making effective analysis of the evolution of the endurance capacity of each player, if also other factors, such as specific training and minutes played during competition, are considered.
2. In addition, the specific information about the endurance capacity is relevant for planning the special endurance-strength training and for effective guidance of training process. Besides recovery heart rate, other physiological parameters are useful but always related to the number of actions performed.

References

Find more information on specific endurance testing and training at http://www.humanmovement.com (Sport Training)

CONTACT
dm@movementsciences.com
http://www.sporttraining.org