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Sue Bird And Megan Rapinoe's Routine During Lockdown: Workouts, 'Wine Downs' And 'Tiger King'



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Sue Bird (L) of the Seattle Storm with partner and soccer player Megan Rapinoe at the 2019 WNBA

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You've probably heard by now: Even the world's elite athletes are spending a ton of time at home just like you are. Among them, three-time WNBA champ and four-time Olympic gold medalist Sue Bird says that she and her partner, 2019 World Cup hero Megan Rapinoe, are enjoying the time off at home—even if they are starting to get a little bored.

“Yup, just staying at home,” said Bird, also an 11-time WNBA All-Star and the 2002 No. 1 draft pick. “Megan and I went out and did some sprints this morning. Beyond that, it's trying to stay as active as possible, plus normal things like hitting the grocery store.”

Bird also said that the pair are not huge TV watchers but have succumbed to one of the nation's newest pastimes: watching the popular Netflix

[NFLX +2.5%](#) series *Tiger King*.

I spoke by phone with Bird, at her home in Connecticut, about her time in professional basketball, her health regimen and what she's doing now.

Andy Frye: How do two pro athletes like you and Megan Rapinoe stay fit and active during stay-at-home orders?

Sue Bird: Both Megan and I are quarantining ourselves because it's the right thing to do. At first, a few weeks ago, we looked for things to do like going to the park to a basketball hoop, and I'd shoot while she'd be kind enough to rebound for me. But now where that's all shut down. So, as far as outdoor stuff goes, since then, we've done some jogs and sprints on the street.

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My apartment here is small, and our main home is in Seattle. But we've had to get creative. We have a Peloton, and that helps. We also have a TRX and different bands and weights, as so we just get really creative in the apartment. Sometimes it's a little weird but we make it work.

AF: You are both competitive and among the best in your sports. What's the dynamic between you and arguably the most famous soccer player in the world right now?

Bird: We have a good balance. I think people look at athletes and assume we love working out. We love playing games, but for us motivation to work out is just as difficult as for anyone else—especially in the middle of workouts, when it gets difficult. So, it's about doing things to trick yourself to keep going, and it helps to have a workout partner. The good thing is, if I'm having a bad day not motivated, Megan will say, "Nope, let's go." Sometimes it's the other way around.



It's part of our job, but it's not like we're always excited about workouts. It can be a struggle.

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AF: Growing up in basketball, who did you watch, and who inspired you?

Bird: I was lucky to have two parents who inspired me and my sister Jen to try everything, and having an older sister who was successful in sports was big, and showed me the way. I wanted to be just like her. I always joke that she tried everything and that I'm lucky that she chose basketball, because that's the thing that stuck for me the most.



USA Coach Geno Auriemma with Sue Bird, (right) and Diana Taurasi of United States after the United ... [+]
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AF: Megan's sister, Rachael Rapinoe, founded a CBD company called Mendi, and you're one of the company's athlete ambassadors. Tell us about your health regimen as an athlete.

Bird: I'm 39 and still have an active career, but kind of felt myself plateauing, and that makes you take a step back and take a closer look in the mirror. As you get older, your skill doesn't vanish but you have a tougher time performing and getting to where you want. I started to form a checklist, and had someone to help me do that.

On the checklist were nutrition, recovery, and changing my diet was a big one. And what it revolves around is trying to live with no inflammation. Sleep is a huge part of it too. But I've incorporated [Mendi](#) into it. The main way it helps are that it does improve my sleep. The more sleep you get the better. The other thing is that, now that this virus has taken over, I've had one health professional tell me to stop taking any over-the-counter anti-inflammatory pill. I'm usually on one when I am playing. So, now I use my

CBD stick on my knee when I work out, so the Mendi CBD is pretty clutch with that.

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