

Tennis Program

Training Plan

Part 1	Phase 1	Phase 2	Phase 3
pp parameters (f+a)	30/L	35-40/L	40-50/L
contraction type	Static	Dynamic	Ballistic
velocity movement	n.a.	sport specific	fast/explosive
duration (sec.)	30-45-60	30-45-60	30-45
# of sets	1-2-3	1-2-3	1-2-3
work:rest ratio	1:2-1:1-2:1	1:2-1:1-2:1	1:2-1:1
session per week	2	2-3	2-3
coordination difficulty	easy	medium	complex
additional task	no	no	no
planes of motion	sagittal	sagittal	sag./frontal/tran.
neural demand	little	medium	high
conventional & pp	no	no	yes
additional load	no	no	yes

Exercise Selection:

Exercise	Phase 1	Phase 2	Phase 3
<i>Flexibility:</i>			
Calf Stretch w/front foot on column	static	active	dynamic
Quad/Hip Stretch w/arm overhea. reach	static	active	dynamic
Waiter's Bow Stretch	static	active	dynamic
Adductor Stretch	static	active	dynamic
Piriformis Stretch	static	active	dynamic
Kneeling Pectoral Stretch w/90 degrees	static	active	dynamic
elbow flexion			
Lat Stretch	static	active	dynamic
<i>Strength:</i>			
Squat	static	dynamic	squat jump
Lunge w/back foot on the floor	static	dynam. multiplanar	power step-ups
Push-Up	static	dynamic	power push-ups
Kneeling Back Extension	static	dynamic	dynamic w/rotat.
Wood-chops	static w/strap	dynamic	w/medicine ball
Plank	feet on the floor	w/leg extension	w/opposite arm-leg extension
<i>Massage/Relaxation:</i>			
Hamstrings Massage	yes	yes	yes
Quad Massage, 1 leg	yes	yes	yes
Low Back Stretch w/knees twist	yes	yes	yes
Adductor Massage	yes	yes	yes
Abductor Massage	yes	yes	yes
Neck/Shoulder Relaxor	yes	yes	yes