

Programme Type: 10 Week Tennis Mid-Season Programme

Training Level: **Intermediate**

This Programme is designed for those with an intermediate level of resistance or fitness training experience.

Introduction

Welcome to Gyms.co.nz fitness programmes. We hope you find the 10 week training programme range useful in assisting you in achieving your health and fitness or sporting goals. If you have any questions about any of the details in any of our programmes then please contact us on gyms@slingshot.co.nz

Please note: All Gyms.co.nz exercise programmes are to be used as a guideline only and it is recommended that any training should not be commenced without first receiving the correct instruction from a qualified professional. All of Gyms.co.nz training programmes are utilised completely at your own risk. You should discontinue training immediately if you feel faint, dizzy or experience pain during your workout. If you are not used to the volume or intensity of any of the Gyms.co.nz programmes you should look to work up to the required training levels over a number of weeks. When using heavy weights or training to fatigue you should always exercise with a 'spotter'. A 'Spotter' is someone who can assist with the weight you should you require it during the latter repetitions.

Programme Explained:

This programme is designed to develop your general strength and fitness specific to improve your tennis performance.

Terms Explained:

The following terms and keys are used in this and other Gyms.co.nz programmes. You may wish to familiarise yourself with these terms before proceeding.

Reps:

Repetitions. The number of times you are to complete the described exercise within each set.

Sets:

Are made up of a number / group of repetitions.

Intensity:

How hard you are looking to push yourself during a certain exercise.

Rest Between Sets:

The amount of recovery time you are aiming to have between every group of exercises you complete.

Rest Between Reps:

The amount of recovery time you are aiming to have between each repetition. Only applicable to fitness / aerobic training.

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Monday

Weight Training Programme

Warm Up

5 minutes easy rowing. One set of each exercise with a light weight.

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Flys	15	2	30-60 seconds
Reverse Flys	15	2	30-60 seconds
Frontal DB Raise	15	2	30-60 seconds
Lateral DB Raise	15	2	30-60 seconds
Barbell Squats	15	2	30-60 seconds
Multi Directional Lunges	15	2	30-60 seconds
Cable Wood Chops	15	2	30-60 seconds
Sit Ups	15	2	30-60 seconds

Warm Down

Easy cycle 5 minutes. Stretch shoulders, chest, upper & lower back, arms, quadriceps, hamstrings. Hold for 30 seconds each side and repeat.

Tuesday

Am

Light jog 25-30 minutes.

Pm

Tennis Related Training

Wednesday

Short Interval Session

Warm Up

10 minutes easy jogging.

Speed Drills: High knees 2 x 20m, butt kicks 2 x 20m, high skips 2 x 20m, ladder runs 2 x 20m.

Exercise	Reps	Sets	Rest Between Sets
40m shuttle runs (20 out 20 back)	10	5	1 minute

Warm Down

5 minutes easy jog

Stretches: Quadriceps, hamstrings, calves, gluteals.

Thursday

Am

Weight Training Programme

Warm Up

5 minutes easy rowing. One set of each exercise with a light weight.

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Flys	15	2	30-60 seconds
Reverse Flys	15	2	30-60 seconds
Frontal DB Raise	15	2	30-60 seconds
Lateral DB Raise	15	2	30-60 seconds
Barbell Squats	15	2	30-60 seconds
Multi Directional Lunges	15	2	30-60 seconds
Cable Wood Chops	15	2	30-60 seconds
Sit Ups	15	2	30-60 seconds

Warm Down

Easy cycle 5 minutes. Stretch shoulders, chest, upper & lower back, arms, quadriceps, hamstrings. Hold for 30 seconds each side and repeat.

Pm

Tennis Related Training

Friday

Light Flexibility / Aerobic

Easy Jog / Cycle 20-30mins. Light Stretching all major muscles.

Saturday

Tennis Matches

Sunday

Rest