

Interval Tennis Program

Always complete proper warm-up and stretches pre/post-activity	Monday	Wednesday	Friday
Week 1 50% effort	12 FH 8 BH 10-min rest 13 FH 7 BH	15FH 8 BH 10-min rest 15 FH 7 BH	15 FH 10 BH 10-min rest 15 FH 10 BH
Week 2 75% effort	25 FH 15 BH 10-min rest 25 FH 15 BH	30 FH 20 BH 10-min rest 30 FH 20 BH	30 FH 25 BH 10-min rest 30 FH 25 BH
Week 3 SR 50%	30 FH 25 BH 10 SR 10-min rest 30 FH 25 BH 10 SR	30 FH 25 BH 15 SR 10-min rest 30 FH 25 BH 15 SR	30 FH 30 BH 15 SR 10-min rest 30 FH 15 SR 10-min rest 30 FH 30 BH 15 SR
Week 4-6 SR 50%	30 FH 30 BH 10 SR 10-min rest play 3 games 10 FH 10 BH 5 SR	30 FH 30 BH 10 SR 10-min rest Play Set 10 FH 10 BH 5 SR	30 FH 30 BH 10 SR 10-min rest Play 1.5 sets 10 FH 10 BH 3 SR
<p>*SR = Serves *FH = Forehand shots *BH = Backhand Shots ***Weeks 4-6 progress 100% effort FH/BH shots and 75% effort SR. ***Upon completion you may begin playing full matches as tolerated</p>			