

Summer Tennis Fitness Plan

Honing your tennis skills over the summer*

- - Organized practice drills 2-4 times per week.
- - Blocks of private or semi-private lessons sometime during the year.
- - Individual need practice time.
 - Serves, ball machine, hand fed repetition.
- - Play for fun with friends or family weekly.
- - Movement/fitness 2-4 times per week.
 - Strength, quickness and agility, cardio fitness, cross-training, etc.

*If you have the opportunity I would highly recommend signing up for professional lessons over the summer

Keeping physically fit during the summer time

- - **Movement prep / dynamic stretches prior to workouts and competition.**
- - **Flexibility / stretching after workouts and competition.**
- - **Strength workouts**
 - Upper body (chest, back, biceps, triceps, shoulders, forearms, etc. - Push-Ups, Pull-ups, dips)
 - Core (abdominal exercises - Sit-ups, crunches, twists)
 - Legs (lunges, stairs, plyometric exercises, etc.- Lunges, squats, incline running, calf raises)
- - **Quickness and agility**
 - Speed rope, quickness ladder, line hops, etc.
 - Side shuffle, cross-over steps, spiders, cones, etc. - Cardio fitness
 - Interval training (sprints, cycle, cardio equipment, etc.)
 - Endurance (jog, bike, cardio equipment, etc.)
- - **Cross Training**
 - Another sport activity (basketball, soccer, Ultimate Frisbee, etc.)
- - **Customize your weekly workouts around your schedule.**
 - Here is an example:
 - - Mon/Wed = quickness / agility / upper body / core
 - - Tue/Thu = interval training / legs / flexibility
 - - Friday = light cardio workout
 - - Saturday/Sunday = Rest