

# **GARRISON FOREST**



Hello Tennis!

We are excited that you will be joining us for what will be another exciting fall season! On the following pages you will find a training program that would be beneficial for you to utilize prior to preseason.

Take your training seriously this summer. We need you fit and healthy for our entire season. In order for you to maintain our high level of play you need to be prepared mentally and physically. The most important key to success is self-confidence. An important key to self-confidence is preparation. Do the hard work this summer so that you can come into preseason with confidence!

If you would like to come to GFS this summer to work out and train please bring a buddy!

## Tennis

### Week 1 and 2 (July 11-22)

1. Easy jog for 10 minutes (1 mile)
2. Stretch
3. 5 times 25 yard sprints, jog back to start, rest 15 seconds between sprints
4. Lateral Leaps: 3 times 30 leaps with a 30 second break in between
  - a. Lateral leaps- With both feet standing on the doubles sideline and facing the net, push off with your left foot (leap) so that your right foot lands on the singles sideline. Push off with your right foot to leap back to the doubles sideline. If no court is available, create 2 parallel lines 36 inches apart. This strengthens the muscles on the inner thighs.
5. Jump Rope 100 times, or jump forward and back over a line drawn on the ground. This is for calf and Achilles tendon strength.
6. Lateral Runs- Begin at the center tab on the baseline. To begin, turn and sprint to the doubles sideline, touch the line with your racket, and use quick side steps to return to the center tab...then turn and sprint to the opposite doubles sideline (should step across as though you are doing a backhand), touch that line and quickly return to center using side steps.
  - a. 5 lengths equals 1 set. Do three sets with a 30 second rest in between.
7. Play as much competitive tennis as possible...at least 3 times a week and against a player who is stronger than you.
8. Summer is also the time to work on improving your serve consistency.

### Week 3 and 4 (July 25-August 5)

1. Easy jog 12-15 minutes (1.5 miles)
2. Stretch
3. 7 times 25 yard sprints, with walk back and 15 sec. rest
4. Lateral Leaps- 5 times 30 leaps with a 20 second rest
5. Jump Rope 150 times
6. Lateral Runs- Increase to 5 sets with a 30 second rest

7. Continue with good, fun competition on the tennis court
8. Continue with service practice

Week 5 (August 8-12)

1. Same distance for the warm-up run...try to decrease your time
2. Stretch
3. 10 times 25 yard sprints with walk back and 20 sec. rest
4. Lateral leaps- 5 times 50 leaps with 15 second rest
5. Jump rope 150 times
6. Lateral Runs- 5 sets with 30 second rest, work on speed and footwork
7. Continue with competition
8. Continue with service practice