

INTERVAL TENNIS PROGRAM

	Monday	Wednesday	Friday
1st week	12 FH	15 FH	15 FH
	8 BH	8 BH	10 BH
	10 min rest	10 min rest	10 min rest
	13 FH	15 FH	15 FH
2nd week	7 BH	7 BH	10 BH
	25 FH	30 FH	30 FH
	15 BH	20 BH	25 BH
	10 min rest	10 min rest	10 min rest
3rd week	25 FH	30 FH	30 FH
	15 BH	20 BH	15 BH
	10 min rest	10 min rest	10 min rest
	30 FH	30 FH	30 FH
	25 BH	25 BH	30 BH
	10 OH	15 OH	15 OH
	10 min rest	10 min rest	10 min rest
	30 FH	30 FH	30 FH
	25 BH	25 BH	15 OH
	10 OH	15 OH	10 min rest
4th week			30 FH
			30 BH
			15 OH
	30 FH	30 FH	30 FH
	30 BH	30 BH	30 BH
	10 OH	10 OH	10 IOH
	10 min rest	10 min rest	10 min rest
	Play 3 games	Play set	Play 1 ½ sets
	10 FH	10 FH	10 FH
	10 BH	10 BH	10 BH
5 BH	5 OH	3 OH	

Note: Ice after each day of play

FH = Forehand Shots

BH = Backhand Shots

OH = Overhead Shots