



**NATIONAL WHEELCHAIR TENNIS  
STRENGTH AND CONDITIONING**

## **Introduction**

Wheelchair Tennis is a fast paced sport that requires a key combination of speed, agility, quickness, strength, power and endurance. Good training must be planned and have an approach that builds from one phase to the next. Not only must an athlete have all these abilities, they must be able to sustain a high level of play over a long season. Injury preventative exercises and methods for recovery must be implemented for long term success.

## **Training Phases**

Success comes not only from working hard, but working smart. As they say, if you always do what you've always done, you'll always get what you've always got. Although every athletes schedule is unique, a training season should follow a general plan. The strength and conditioning goals for 2009 are to get everyone following a good warm-up, develop good movement patterns, be consistent with strength training, perform pre-hab exercises throughout the year, stretch 5x/week, and learn what works best for them leading into a tournament.

Throughout the sample training plans not all exercises will work for everybody, but try to follow the exercises as much as possible. Make sure to do a proper warm-up and cool-down with each workout. Please note the tempo with the workouts. Modifying your tempo will elicit a different response. The first number refers to the eccentric portion (with gravity), the second number refers to a pause (0 means no pause) and the third number refers to the concentric (against gravity) speed of movement. A 3/2/1 tempo for example on a chest press means lower the weight down for 3 seconds, pause for 2 seconds at the bottom, and press up over 1 second. A 3/2/1 tempo on a lat pull down, however, means pull the bar down in 1 second, pause for 2 seconds at the bottom, and return the bar back up over 3 seconds.

### **Phase 1:** January 1 – April 1, 2009

The focus of this phase is preparation of connective tissues, creating muscle balance, posture, core strength, muscle endurance, flexibility, and overall developing your fitness base. It is essential to return to the General Prep phase each year to help prevent muscle imbalances.

Strength exercises should range from 10-20 reps x 3-4 sets

Rest should be 0 - :60 seconds

**\*Follow attached Phase 1 Program**

### **Phase 2:** May 1 – May 31, 2009

Phase 2 builds on the Phase 1 essentials priming your body for strength and power. This second preparatory phase will get you ready to handle the volume required for your season.

**\*Follow attached Phase 2 Program**

### **Competitive Phase:** April 2 – April 30, June 1 – November 15, 2009

The Competitive Phase is a maintenance phase working to keep the strength, power, flexibility and endurance that you have developed in the earlier stages.

Strength exercises should range from 5-8 reps x 2-3 sets

Rest should be :60-120 seconds

### **Tapering:** Prior to each tournament

Each athlete is unique as to how they prepare leading into a tournament. There are some things that are a must, such as lowering volume, maintaining intensity, but the exact layout of a taper is individualized and you must learn to utilize these tools and then determine what works best for you.

### **Specific Prep:**

The Specific Prep Phase is a prep phase occurring in between tournaments. This phase is designed to help you recover from prior tournaments, work on weaknesses found in prior tournaments, and prepare for the next tournament with regard to surface changes opponents etc.

### **Warm-up**

A proper warm-up will prepare the body both physiologically and psychologically for an event. This process is also believed to reduce the chance of joint and muscle injury. The warm-up should be gradual and sufficient to increase muscle and core temperature without causing fatigue or reducing energy stores.

### **Four Categories:**

- **General Warm-Up:** consists of exercises not directly related to tennis on a neurological level. This phase includes such exercises as the arm ergometre, or slow wheeling. This period allows for increases in:
  - Heart rate
  - Blood flow
  - Respiration rate
  - Viscosity of joint fluids
  - Perspiration
  - Deep muscle/core temperature
  - Increase speed of contraction and relaxation of muscles
  - Greater mechanical efficiency of blood flow through decreased viscous resistance
  - Increased blood flow and oxygen availability
  - More efficient recruitment and synchronization of muscle fibres
  - Decreases the chance and/or severity of injury
  - Increased enzyme activity and metabolic reactions
  - Increased muscle elasticity, and flexibility, thus aiding in injury prevention
  - **Time:** 10-15 minutes
  
- **Dynamic Flexibility:** exercises aimed at increasing core temperature while improving muscular flexibility in a safe manner during the warm-up. Hold each stretch for 2-3 seconds. Samples include:
  - Side lean
  - Front lean
  - Front/back arm circles
  - Chair twists with elbows back
  - Floor, wheel, wheel
  - Lateral/Rotational neck stretches
  - **Time:** 5 minutes



- **Activation:** consists of exercises designed to improve posture, movement efficiency, and power. Samples (descriptions below) include:
  - Dr. Jones
  - External shoulder rotations
  - Medicine ball chest pass
  - Medicine ball side to side pass
  - Medicine ball overhead toss
  - Tennis ball bounce and juggle
  - **Time:** 5-10 minutes
- **Specific Warm-Up:** provides the athlete with specific skill rehearsal, and also neurologically prepares the body.
  - Specific skill rehearsal ie. hitting, serving, movement drills with racquet
  - Neurologically prepares the body
  - Helps regain “feel or touch” before play begins
  - **Time:** 5-45 minutes

### Prehab Exercises

Prehab or preventative rehabilitation exercises help to strengthen muscles that tend to get underdeveloped and/or are especially important for deceleration. The external rotators of the shoulder are generally underdeveloped and vastly out powered by the more dominant internal shoulder rotators, including your pectorals, deltoids and lat’s. The external shoulder rotators (teres minor and infraspinatus) must be trained to maintain muscular balance and stability in the shoulder girdle.

The goals of these exercises are to decrease the chance of injury and joint pain, while improving movement efficiency. To be effective, these exercises need to be carried out all year long. Several of these exercises will take place in your General Prep workouts and should be incorporated in your Competitive and Specific Prep phases. **These exercises tax smaller musculature and should always stay in a higher rep range of 12-20+.** Exercises include:

#### External Shoulder Rotation

- Hold tubing in hands with palms up
- Keep elbows tight into body, so there is no space between your elbows and the sides of your body
- Pull tubing out until hands reach out to about 45 degrees
- Pull shoulder blades down and back
- Try to feel the back of your shoulders and the muscles in between your shoulder blades
- If you feel your biceps, grab out wider on the band and make sure your shoulders are pulling back



#### Floor Flattener

- Lie on back, keeping lower back flat on the floor
- Push elbows and wrists into floor during the *entire* movement
- Do not force your head into the floor
- Slowly slide arms up above head keeping wrists and elbows in contact with floor



- Stop when the wrists or elbows come off the floor more than 1 inch, then hold for 5 seconds
- Slowly slide arms back to the starting position, still maintaining tension
- This is a great exercise for stretching the chest and shoulders while strengthening the upper back musculature

### Horizontal Abduction

- Hold hands and elbows at shoulder height, start with hands in front of the shoulders
- Keep the elbows up and extend the tubing away from the body
- Squeeze shoulder blades back
- Try not to allow the head to poke forward or shoulders to shrug up
- Try to keep your shoulders locked back throughout the exercise



### Sword Raise

- Imagine you are Zoro and pull your sword out to defend your self
- Using a exercise band, lift your "sword" from your opposite hip and lift your hand across your body and above your head
- Keep tension through the shoulder blades during the entire movement
- Don't let the working shoulder roll forward or shrug up
- Only use as much tension as you can handle so you maintain good posture throughout the exercise



### 90 Degree Rotator Cuff Bounce

- Keep chair on a 45 degree angle to the wall
- Support chair with one arm
- Keep the working arm's elbow at 90 degrees, with your arm out away from your body
- Use a 1,2,3, or 4kg ball and bounce the ball
- As the ball bounces off the wall your rotator cuff activates to stabilize the shoulder, so use quick bounces for the best training effect



### Dr. Jones

- Start with arms out in front of the body at shoulder height
- Pull the arms in towards the body ie. As in a push-up or bench press position
- Flip the arms so that the elbow is the pivot point and the hands stick straight up in the air ie. Stick 'em up position
- Try to keep your forearms perpendicular to the floor
- Think of dropping the elbows into your back pockets, keeping your hands in tight to the body
- Try to touch your thumbs into your shoulders, without arching your lower back
- Return to the starting position following the same pattern in reverse



### **Fonzies Up/Down**

- Lean forward in your chair, with your spine straight
- You may put a support under your chest
- Extend arms to the side, in line with your shoulders
- Lift arms squeezing shoulder blades back together but not shrugging
- Perform this movement with both thumbs up and down



### **Y's**

- Start in the same position as the Fonzie's
- Perform the movement only with thumbs up
- Lift the arms up in front of the body, making a Y
- Make sure to pull your shoulders down and back together

## **Agility and Speed Drills**

### **Wheel/Wheel/Up**

- Hold a 2-4kg ball starting on the right wheel
- Quickly bring the ball to the other left wheel
- Finish lifting the ball across above the right shoulder
- Follow back down to the left wheel and repeat on the other side
- Keep shoulders neutral throughout

### **2m Agility**

- Set up 2 cones 2 metres apart
- Start on the outside of one of the cones
- Perform a spin out, turning as quickly as possible
- Race over to the outside of the other cone
- Stop and repeat on the other side

### **2 Pushes/Stop**

- To improve your acceleration perform 2 quick pushes, stop and repeat

### **Sled Sprints**

- Use a sled, drag a partner, or place a weight on your chair
- Sprint 30m, rest then repeat
- Use the 10% rule ie. use a weight that only slows your time down by 10%

### **S-S Ball Slams**

- Hold a 2-4kg medicine ball
- Bring the ball up and over your head
- And slam the ball down to the side of your chair
- Quickly pick it up bring it back over your head and slam it on the other side

### **Lateral Ball Toss**

- Hold a 2-4kg medicine ball
- Rotate back trying to tighten your core musculature
- Throw the ball as hard as possible to a partner or against a wall

### **2m Pivot**

- Set up 2 cones 2 metres apart
- The pattern to this drill is like a "V" with the 2 cones being the top points of the "V"
- Start with your chair angled against a cone
- Perform 1 backwards pull
- Quickly change directions to move forwards to the other cone and repeat

### **Figure-8 Sprints**

- Set up 2 cones 5-15 feet away from each other
- Use different distances to challenge acceleration, deceleration, body control and cornering
- Perform 2-5 reps

### **Spins**

- Have a partner hold 2 tennis balls
- Start facing away from your partner
- On command spin toward your partner in the direction called and catch 1 ball with 1 hand
- For a more difficult version of this drill, start facing your partner and perform a 360° spin and catch a ball with 1 hand
- Perform 3-5 catches per side

### **Snake Drill**

- Layout several cones to look like a snake 10-15 metres long
- Wheel as fast as possible following the pattern of the snake
- Cones should be varied to develop speed and/or cornering

### **Tennis Ball "Get" and Return**

- Start in a ready position with your hands at about 12 o'clock
- Have a partner throw a tennis ball left, right, behind, or in front
- Get it as fast as possible and return to the start
- Perform 5-10 per set

### **Reaction Sprints**

- In an open court have a partner give hand signals to move forwards, backwards, left, and right
- Follow the commands as quickly as possible for a specified number of times
- Perform the drill for : 10-30 seconds

### **Play Ball**

- Start facing the net
- Turn and sprint as fast as possible towards the baseline
- After about 3 pushes have your partner call out left or right
- Angle out to the called side and try to catch a tennis ball on a bounce or overhead
- Perform 3-6 per set

### **Tennis Ball Drop and Sprint**

- Have a partner hold a tennis ball around 3-9 feet away
- Have the partner drop the ball
- Sprint and try to catch the ball before it bounces a specified number of times

### **Tennis ball react, turn, and sprint**

- Have a partner hold a tennis ball around 3-9 feet away
- Face away from your partner
- On command turn the specified direction and sprint trying to catch the ball before it bounces a specified number of times

## **General Preparation Phase Cardiovascular Training**

### **Extensive Continuous Training:**

- 2x/week x 30-45 minutes
- 70-80% of the Maximal Aerobic Speed and/or 80-85% of the maximal heart rate

### **Extensive Tempo Intervals:**

**Goal:** Consists of aerobic work at 80% or less of maximum effort

#### **Perform 1x/week**

Week 1: 12 x 100m @70%; 30 seconds of rest between runs.  
Week 2: 14 x 100m @70%; 30 seconds of rest between runs.  
Week 3: 16 x 100m @70%; 30 seconds of rest between runs.  
Week 4: 18 x 100m @70%; 30 seconds of rest between runs.  
Week 5: 16 x 100m @75%; 30 seconds of rest between runs.  
Week 6: 18 x 100m @75%; 45 seconds of rest between runs.  
Week 7: 16 x 100m @80%; 45 seconds of rest between runs.  
Week 8: 18 x 100m @80%; 45 seconds of rest between runs.

### **Extensive Interval Workout: 30/30 Workout**

**Goal:** Consists of aerobic/anaerobic work at 90%+ and improve VO2 max

#### **Perform 1x/week**

Week 1: 8 x 30-second sprint/30-second easy.  
Week 2: 10 x 30-second sprint /30-second easy.  
Week 3: 12 x 30-second sprint /30-second easy.  
Week 4: 15 x 30-second sprint /30-second jog.  
Week 5: 18 x 30-second sprint /30-second jog.  
Week 6: 21 x 30-second sprint /30-second jog.  
Week 7: 24 x 30-second sprint /30-second jog.  
Week 8: 27 x 30-second sprint /30-second jog.

## **Competitive Phase Cardiovascular Training**

### **Recovery/Flush**

**Goal:** Consists of aerobic work at 60-70% intensity

#### **Perform 1x/week (2x/week if feeling tired)**

\*Ideally try to use a cross training tool such as a rower, hand cycle or bike

### **Interval Training**

**Goal:** Consists of high intensity/low volume aerobic/anaerobic work at 90%+

**Samples:** Intervals may range from 1:3, 1:2, or 1:1 work : rest ratio's, times ranging from 20-30 minutes, most should take place on court

#### **Perform 1x/week when not in tournament**



## Specific Preparation Phase Cardiovascular Training

### Recovery/Flush

**Goal:** Consists of aerobic work at 60-70% intensity

**Perform 1x/week (2x/week if feeling tired)**

\* Ideally try to use a cross training tool such as a rower, hand cycle or bike

### Interval Training

**Goal:** Consists of high intensity/low volume aerobic/anaerobic work at 90%+

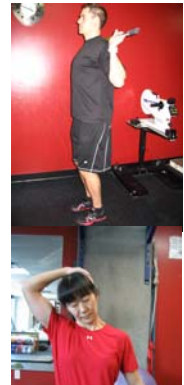
**Samples:** Intervals may range from 1:3, 1:2, or 1:1 work:rest ratio's, times ranging from 20-30 minutes, most should take place on court

**Perform 1x/week when not in tournament**

## Strength Training Descriptions for Phase 1 + 2

### Stick 'em Ups

- Hold a dowel with elbows bent at 90 degrees
- Reach arms up overhead
- Pull dowel down to the shoulders squeezing the shoulders down and back



### Lateral Neck Stretch

- Place right arm behind back
- Place 2 fingers on head and gently pull head towards left shoulder
- Repeat on other side

### Seated Row Retraction

- Use tubing or a row machine
- Allow shoulders to roll forward slightly
- Without using your arms squeeze shoulders down and back



### Paint Shakers

- Hold a 2-4kg medicine ball
- Maintain good posture
- Shake ball in and out as fast as possible
- **S-S Paint Shaker** - slowly rotating side to side



### Seated Row

- Use tubing or a row machine
- Allow shoulders to roll forward slightly
- Pull the cable in towards the waist squeezing your shoulders down and back
- **1 Arm Row** - Perform with the same technique as a Seated Row, with one arm at a time



### V Shoulder Press

- Hold a medicine ball starting a chest height
- Keep shoulders set down and back together
- Press the ball out overtop of one shoulder
- Bring the ball back down to the chest and repeat on the other side



### Chest Pass

- Hold a 2-4kg medicine ball
- Bring the ball in towards the chest quickly and perform a countermovement throwing the ball against a wall or lying on the floor
- Catch the ball and repeat



### ESR (External Shoulder Rotation)

- Hold a medium tension band with palms up and elbows tight to the body
- Keep shoulders set down and back
- Pull the tubing out to about 45 degrees to the body
- Don't allow the elbows to leave the sides of the body
- Squeeze shoulders back and try not to poke your head forward or arch your lower back

### Wheel/Wheel/Up

- Hold a 2-4kg ball starting on the right wheel
- Quickly bring the ball to the other left wheel
- Finish lifting the ball across above the right shoulder
- Follow back down to the left wheel and repeat on the other side
- Keep shoulders neutral throughout



### Lat Pull Shrug

- Grab on the bend of the bar
- Keep your head and hips neutral
- Start shrugging your shoulders up
- Don't pull with your arms
- Slide your shoulders down and back



### Isometric Pec Deck

- Hold a 2-4kg ball in front of your chest
- Keep elbows up and shoulders down and back
- Squeeze the ball as hard as possible trying to activate your chest and shoulder muscles



### Shoulder Extension

- Hold a dowel or bar just outside shoulder width apart behind your back
- Keep palms facing you
- Lift the bar away from your body with a slight bend in the elbows
- Do not shrug your shoulders but squeeze them down and back
- Maintain a slight bend in the elbows throughout the movement

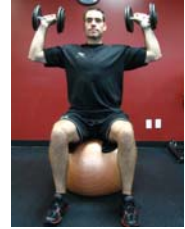
### Lat Pull Down

- Grab on the bend of the bar
- Pull the bar down to the chest
- Slide shoulder blades down and back together
- Maintain tension with your shoulders at the top of the movement
- **Supinated Lat Pull Down** – same movement but hands are shoulder width apart and palms face you



### **Alternating Arm Shoulder Press**

- Hold 2 dumbbells with palms facing forwards
- Keep shoulders down and back together
- Press one dumbbell up and overhead while keeping the other elbow at 90 degrees
- Repeat on the other side



### **Chin Tucks**

- Place 2 fingers on your chin
- Try to make a double chin, sliding your head not down or up, but straight back

### **Dr. Jones**

- Start with hands reached out in front of your shoulders
- Row your arms in
- Flip your arms turning your hands up and keeping your elbows fixed
- Drop your hands down trying to touch your thumbs to your shoulders and your elbows down to the sides of your body

### **Horizontal Abduction**

- Hold a piece of medium tension tubing with your palms down and elbows in line with shoulders
- Keep your shoulders down and back
- Press the tubing out away from the body
- Keep your wrists neutral

### **Lat Shrug/Pull**

- Combine both movements
- Perform the Lat Pull Shrug and then complete the pull down

### **Hi Row**

- Perform a Lat Pull Down with a Seated Row grip

### **Backwards Pull**

- Set up 2 pieces of tubing just above ground level
- Mimic a backwards wheeling motion
- Rolling the shoulders down and back
- Support chair with a dowel, Bosu, or box etc.



### **Fonzies Up/Down**

- Lean forward in your chair, with your spine straight
- You may put a support under your chest
- Extend arms to the side, in line with your shoulders
- Lift arms squeezing shoulder blades back together but not shrugging
- Perform this movement with both thumbs up and down

### **Front-Back Fonzies**

- Perform a Fonzie moving your arms in front of the body and then behind the body
- When the arms come up, keep your thumbs up
- When your arms go back, keep your thumbs down
- Continue to keep your shoulder blades back together but not shrugging



### **Sword Raise**

- Imagine you are Zoro and pull your sword out to defend your self
- Using a exercise band, lift your "sword" from your opposite hip and lift your hand across your body and above your head
- Keep tension through the shoulder blades during the entire movement
- Don't let the working shoulder roll forward or shrug up
- Only use as much tension as you can handle so you maintain good posture throughout the exercise

### **2m Agility**

- Set up 2 cones 2 metres apart
- Start on the outside of one of the cones
- Perform a spin out, turning as quickly as possible
- Race over to the outside of the other cone
- Stop and repeat on the other side

### **DB Chest Press**

- Lie on the floor or a bench
- Keep knees bend or keep legs supported
- From the floor elbows will be limited to 90 degrees
- This will help to reduce the stress on the shoulders
- Press the weights above the chest
- Keep shoulders down and back



### **Floor Flattener**

- Lie on back, keeping lower back flat on the floor
- Push elbows and wrists into floor during the *entire* movement
- Do not force your head into the floor
- Slowly slide arms up above head keeping wrists and elbows in contact with floor
- Stop when the wrists or elbows come off the floor more than 1 inch, then hold for 5 seconds
- Slowly slide arms back to the starting position, still maintaining tension
- This is a great exercise for stretching the chest and shoulders while strengthening the upper back musculature

### **2 Pushes/Stop**

- To improve your acceleration perform 2 quick pushes, stop and repeat

### **Sled Sprints**

- Use a sled, drag a partner, or place a weight on your chair
- Sprint 30m, rest then repeat
- Use the 10% rule ie. use a weight that only slows your time down by 10%

### **Front Raise**

- Hold a 2-4kg medicine ball at your waist
- Set shoulders neutral
- Pull the ball above your head as fast as possible
- Stop quickly at the top
- Pause and then slowly return to the start

### **Dumbbell Protraction/Retraction**

- Lie on your back holding a pair of dumbbells with your arms extended up above your body
- Keep your knees bent or legs supported in your chair
- Without bending your elbows reach your arms up, protracting or splaying your shoulder blades away from each other
- Then squeeze your shoulders down and back together

### **Lying Pull Over**

- Lie on your back keeping your knees bent or legs supported in your chair
- Hold a dumbbell over your chest and reach your arms back over your head, towards the floor
- Maintain a slight bend in your elbows throughout the movement
- Pull your belly button into the spine where possible and if not apply proper strapping so you do not arch your lower back

### **2m Pivot**

- Set up 2 cones 2 metres apart
- The pattern to this drill is like a "V" with the 2 cones being the top points of the "V"
- Start with your chair angled against a cone
- Perform 1 backwards pull
- Quickly change directions to move forwards to the other cone and repeat

### **Prone Cobra**

- Lying face down on the floor, pull your belly button into the spine
- Keep toes on ground and lift up chest
- Turn your thumbs up, turning your hands away from body
- Keep your hands close to your waist, but off the floor



### **S-S Ball Slams**

- Hold a 2-4kg medicine ball
- Bring the ball up and over your head
- And slam the ball down to the side of your chair
- Quickly pick it up bring it back over your head and slam it on the other side

### **Cable Wood Chop**

- Set up a cable above head level
- Keep outside shoulder set down and back
- When chopping to the left place your right hand over your left
- Rotate your trunk through both the top and bottom of the movement



## Competitive Phase Strength Training

The Competitive Phase is a maintenance phase working to keep the strength, power, flexibility and endurance that you have developed in the earlier stages while perfecting your technical and tactical components.

Strength exercises should range from 5-8 reps x 2-3 sets

Rest should be : 60-120 seconds

**\*Strength exercises include presses, rows etc.**

**\*Prehab exercises do not follow this rep range and should stay within 12-20 reps**

### ONE DAY BEFORE NEXT MATCH

	Last day of competition	Day before next match
<b>Flexibility</b>	25 min	25 min
<b>Prehab</b>	20 min	25 min
<b>Agility/Speed</b>	20 min	25 min
<b>Endurance</b>	30 Minutes Recovery	x
<b>Strength</b>	x	x

### TWO DAYS BEFORE NEXT MATCH

	Last day comp.	Day 1	Day before next match
<b>Flexibility</b>	25	25	25
<b>Prehab</b>	20	x	20
<b>Agility/Speed</b>	x	30	20-25
<b>Endurance</b>	30 Minutes Recovery or 30 Min. Intervals	x	x
<b>Strength</b>	x	30	x

### THREE DAYS BEFORE NEXT MATCH

	Last day comp.	Day 1	Day 2	Day before next match
<b>Flexibility</b>	25	25	25	25
<b>Prehab</b>	20	x	20	20
<b>Agility/Speed</b>	x	30	x	x
<b>Endurance</b>	30 Minutes Recovery or 30 Min. Intervals	x	30 Min Interval on or off court	x
<b>Strength</b>	x	30	x	x

### FOUR DAYS BEFORE NEXT MATCH

	Last day comp.	Day1	Day 2	Day 3	DBNM
<b>Flexibility</b>	25	Rest	25	25	25
<b>Prehab</b>	20	x	20	20	20
<b>Agility/Speed</b>	x	x	30	x	20-25
<b>Endurance</b>	30 Minutes Recovery or 30 Min. Intervals	x	x	30 Min Interval on or off court	x
<b>Strength</b>	x	x	30	x	x

### FIVE DAYS BEFORE NEXT MATCH

	Last day comp.	Day1	Day 2	Day 3	Day 4	DBNM
<b>Flexibility</b>	25	Rest	25	25	25	25
<b>Prehab</b>	20	x	20	20	20	20
<b>Agility/Speed</b>	x	x	x	30-40	x	20-25
<b>Endurance</b>	30 Minutes Recovery	x	30 Min Interval on or off court	x	30 Min Interval on or off court	x
<b>Strength</b>	x	x	45	x	30 Optional	x

### SIX DAYS BEFORE NEXT MATCH

	Last day comp.	Day1	Day 2	Day 3	Day 4	Day 5	DBNM
<b>Flexibility</b>	25	Rest	25	25	25	25	25
<b>Prehab</b>	20	x	20	20	x	20	20
<b>Agility/Sp</b>	x	x	x	30-40	x	30	20-25
<b>Endurance</b>	30 Minutes Recovery	x	30 Min Interval on or off court	x	30 Min Interval on or off court	x	x
<b>Strength</b>	x	x	x	45	x	30 Optional	x

As long as players are still in the draw much depends on the length of their matches as to whether or not they will perform additional physical work. For example, after a three-hour match, a cool down, massage and passive rest, and not an extra physical session, is the best remedy. If players are winning a large number of matches, they may be automatically acquiring their daily dose of physical training and already have developed a sufficient level of fitness to compete and win at this level.

In order to take their game to the next level, however, a good physical program will be necessary. If the match is won easily and not very long we should plan to add one session of 20 minutes of aerobic/anaerobic (not recovery type workout) before the core stability and pre-hab exercises. **Be careful with semi and final.**

Participation in the doubles competition should not be a reason to compromise the physical programme.

## Post Game/Workout

### Cool Down

To properly cool-down the body, perform 15 to 20 minutes of light, continuous aerobic activity that causes the body to continue perspiring. This will remove about half of the lactic acid from the system, which helps athletes recover faster before the next training session.

- **Overcome fatigue**
- **Speed up recovery**
- **Removal of lactic acid**
- **Prevent blood pooling**
- **Prevent over-training**
- **Decrease muscle soreness**

### Static Flexibility Guidelines

- Concentrate on all major muscle groups
- Identify/target weak areas
- Stretch daily
- Warm-up before stretching
- Stretch after each workout
- Release slowly from stretches
- Concentrate on each muscle being stretched
- Stretch opposing muscle groups
- **Hold stretch 60 seconds**
- Stretch to the limit of movement; not to the point of pain
- Pain scale: 1 – 3 - - 10
- Keep breathing slow and rhythmical, focus on exhalation
- Relax the target muscle before the stretch
- Stretch the muscles in various positions
- Use multiple stretching techniques for optimal results
- **STRETCH YOUR HIP FLEXORS!**

## Recovery and Regeneration

Training exerts a vast amount of energy, both mentally and physically. This can have a huge effect on the body if an adequate balance is not also achieved. Some of these components include activities such as swimming, while others may be as simple as getting enough sleep.

Getting ready for an event, competition, or simply trying to get fit should be viewed as being a holistic or well-rounded approach. **This that means training is not the only factor in achieving peak performance.** Some proven recovery and regeneration techniques include:

**Nutrition:** Sound nutrition is essential for peak performance in sport. While proper nutrition alone will not guarantee athletic success, poor nutrition knowledge and habits will certainly prevent an athlete from reaching maximal physical performance capacity.



**Massage Therapy:** Registered Massage Therapists (RMT's) are specifically trained in rehabilitation, assessment and treatment of musculoskeletal injuries, therapeutic exercise, injury prevention, and acute and chronic care. Specialized massage therapy techniques have been developed to complement an athlete's program.

**The Stick:** The key to muscle performance is directly related to an unrestricted blood supply. Athletes who regularly engage in deep muscle massage tend to have fewer injuries and a larger capacity for performance. Deep massage, to priority muscle before and after training sessions, provides a mechanical breakup of barrier trigger points, thus, establishing an unimpeded thoroughfare for nutrient delivery to muscle. I generally don't promote fitness equipment, but this is a great tool for self massage on the road. The Stick is available through [www.thestick.net](http://www.thestick.net) or myself.

**Mental Training:** Mental training encompasses teaching mental skills, techniques, attitudes or processes, which through systematic training lead to performance enhancement and positive personal development. Areas of consultation include; goal setting, concentration, dealing with adversity, mental imagery, mental preparation for practice and competition and effective performance evaluation.

**Contrast Baths/Shower:** Used to help flush blood rapidly for quicker recovery

**Type A**

- Hot (comfortable) x 2 minutes
- Cold (as possible) x 10 seconds
- Repeat 6-10 times

**Type B**

- Cold (as able to stand) x 1 minute
- Hot (as comfortable) x 30 seconds
- Repeat 8-10 times

Lifestyle plays a huge roll in an individual's performance. Other points to proper recovery include adequate sleep (approx. 7.5-8 hours/day), taking an easy swim, to work joints in a full range of motion without any heavy loading, and may also be as simple as going out to watch a movie and take your mind off things. Remember, recovery is as important as the training, and if a proper balance between the two is not achieved, peak performance will never occur.

There is a lot of information above and I hope it helps you with your season. If you have any questions please feel free to contact me at [steve@performanceforsport.com](mailto:steve@performanceforsport.com). A special thanks to Andre Parent for his insights and input into this training package.

Good luck,

Steve Ramsbottom BHK, CSCS  
WC Tennis Canada, Strength and Conditioning Coach



# NATIONAL WHEELCHAIR TENNIS TEAM

## Week 1 Day 1

Teach dynamic stretches

Stick 'em ups	Weight	Sets	Reps	S Row Retraction	Weight	Sets	Reps	Seated Row	Weight	Sets	Reps	Chest Pass	Weight	Sets	Reps
		1	15	Tempo 2/2/1		1	20	Tempo 2/0/2		1	20		g/G	1	20
		2	15			2	20			2	20		g/G	2	20
		3	15			3	20			3	20		g/G	3	20
Rest 0				Rest 0				Rest 0				Rest 0			
Lateral Neck Stretch		Sets	Reps	Paint Shakers	Weight	Sets	Reps	V Shoulder Press	Weight	Sets	Reps	ESR	Weight	Sets	Reps
		1	:20 ea		g/G	1	20	Tempo 3/0/1	g/G	1	15	Tempo 2/0/2		1	15
		2	:20 ea		g/G	2	20		g/G	2	15			2	15
		3	:20 ea		g/G	3	20		g/G	3	15			3	15
Rest :60				Rest :60				Rest :60 sec							

Recovery: Stick, Static Stretch

## Day 2

Dynamic Stretch

Stick 'em ups	Weight	Sets	Reps	S Row Shrugs	Weight	Sets	Reps	Seated Row	Weight	Sets	Reps	Chest Pass	Weight	Sets	Reps
		1	20	Tempo 2/2/1		1	20	Tempo 2/0/2		1	20	Tempo	g/G	1	20
		2	20			2	20			2	20		g/G	2	20
		3	20	Rest 0		3	20	Rest 0		3	20		g/G	3	20
Rest 0															
Lateral Neck Stretch	Weight	Sets	Reps	Paint Shakers	Weight	Sets	Reps	V Shoulder Press	Weight	Sets	Reps	ESR	Weight	Sets	Reps
		1	:20 ea			1	30	Tempo 3/0/1	g/G	1	20	Tempo 2/0/2		1	20
		2	:20 ea			2	30		g/G	2	20			2	20
		3	:20 ea			3	30		g/G	3	20			3	20
Rest :60 sec				Rest :60 sec				Rest :60 sec				Rest :60 sec			

Recovery: Stick, Static Stretch

## Day 3

Cardio Training or On-Court  
Choose 4 Prehab exercises



# NATIONAL WHEELCHAIR TENNIS TEAM

## Week 2

### Day 1

<b>Wheel/W/Up</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Lat Pull Shrug</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Seated Row</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Dr. Jones</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>
	g/G	1	10	Tempo 2/2/1		1	20	Tempo 3/0/1		1	20			1	20
	g/G	2	10			2	20			2	20			2	20
	g/G	3	10	Rest 0		3	20	Rest 0		3	20	Rest 0		3	20
Rest	0														
<b>ESR</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Iso. Peck Deck</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>V Shoulder Press</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>ESR</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>
No Band		1	20		g/G	1	:45	Tempo 3/0/3	g/G	1	20	Tempo 2/0/2		1	20
		2	20		g/G	2	:45		g/G	2	20			2	20
		3	20		g/G	3	:45		g/G	3	20			3	20
Rest	:60 sec			Rest	:60 sec			Rest	:60 sec			Rest	:60 sec		

Recovery: Stick, Static Stretches

### Day 2

#### Dynamic Stretch

<b>Wheel/W/Up</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Lat Pull Down</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>1 Arm Row</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Dr. Jones</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>
	g/G	1	10	Tempo 2/2/1		1	20	Tempo 2/0/2		1	15ea			1	20
	g/G	2	10			2	20			2	15ea			2	20
	g/G	3	10	Rest 0		3	20	Rest 0		3	15ea			3	20
Rest	0														
<b>Shoulder Ext</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Alt. Sh Press</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Chin Tucks</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>ESR</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>
Palms face body	Dowel	1	20			1	15ea.	Tempo 2/3/1		1	15	Tempo 2/0/2		1	20
	Dowel	2	20			2	15ea.			2	15			2	20
	Dowel	3	20			3	15ea.			3	15			3	20
Rest	:60 sec			Rest	:60 sec			Rest	:60 sec			Rest	:60 sec		

Recovery: Stick, Static Stretch

### Day 3

Cardio Training or On-Court  
Choose 4 Prehab exercises



# NATIONAL WHEELCHAIR TENNIS TEAM

## Week 3 Day 1

Dynamic stretches

Wheel/WUp	Weight	Sets	Reps	Lat Pull Shrug	Weight	Sets	Reps	Seated Row	Weight	Sets	Reps	Dr. Jones	Weight	Sets	Reps
	g/G	1	15	Tempo 2/2/1		1	20	Tempo 3/0/1		1	20			1	20
	g/G	2	15			2	20			2	20			2	20
	g/G	3	15	Rest 0		3	20	Rest 0		3	20	Rest 0		3	20
Rest	0														
ESR	Weight	Sets	Reps	Iso. Peck Deck	Weight	Sets	Reps	V Shoulder Press	Weight	Sets	Reps	ESR	Weight	Sets	Reps
No Band		1	20		g/G	1	:60			1		Tempo 2/0/2		1	20
		2	20		g/G	2	:60			2				2	20
		3	20		g/G	3	:60			3				3	20
Rest	:60 sec			Rest	:60 sec			Rest	:60 sec			Rest	:60 sec		

Recovery: Stick, Static Stretch

## Day 2

Wheel/WUp	Weight	Sets	Reps	Lat Pull Shrug	Weight	Sets	Reps	1 Arm Row	Weight	Sets	Reps	Horizontal Abd	Weight	Sets	Reps
	g/G	1	15	Tempo 2/2/1		1		Tempo 2/0/2		1	15ea			1	20
	g/G	2	15			2				2	15ea			2	20
	g/G	3	15	Rest 0		3		Rest 0		3	15ea	Rest 0		3	20
Rest	0														
Shoulder Ext	Weight	Sets	Reps	Alt. Sh Press	Weight	Sets	Reps	Chin Tucks	Weight	Sets	Reps	ESR	Weight	Sets	Reps
Palms face body	Dowel	1	20			1	15ea.	Tempo 1/3/1		1	15	Tempo 2/0/2		1	20
	Dowel	2	20			2	15ea.			2	15			2	20
	Dowel	3	20			3	15ea.			3	15			3	20
Rest	:60 sec			Rest	:60 sec			Rest	:60 sec			Rest	:60 sec		

Recovery: Stick, Static Stretches

## Day 3

Cardio Training or On-Court  
Choose 4 Prehab exercises



# NATIONAL WHEELCHAIR TENNIS TEAM

## Week 4 Day 1

### Dynamic Stretch

Wheel/WUp	Weight	Sets	Reps	Lat Shrug/Pull	Weight	Sets	Reps	Hi Row	Weight	Sets	Reps	Dr. Jones	Weight	Sets	Reps
ie. 10 hits each	g/G	1	10/8/6/4/2	Tempo 2/2/1		1	20ea	Tempo 3/0/1		1	20			1	20
	g/G	2	10/8/6/4/2			2	20ea			2	20			2	20
	g/G	3	10/8/6/4/2	Rest 0		3	20ea	Rest 0		3	20			3	20
Rest 0															
Shoulder Ext	Weight	Sets	Reps	Shoulder Press	Weight	Sets	Reps	Chin Tucks	Weight	Sets	Reps	ESR	Weight	Sets	Reps
Palms face body	Wt'd Bar	1	15			1	20	Tempo 03/01/2001		1	15	Tempo 2/0/2		1	20
	Wt'd Bar	2	15			2	20			2	15			2	20
	Wt'd Bar	3	15			3	20			3	15			3	20
Rest :60 sec				Rest :60 sec				Rest :60 sec				Rest :60 sec			

Recovery: Stick, Static Stretch

## Day 2

### Dynamic stretches

Wheel/WUp	Weight	Sets	Reps	Lat Shrug/Pull	Weight	Sets	Reps	Hi Row	Weight	Sets	Reps	Horizontal Abd	Weight	Sets	Reps
ie. 10 hits each	g/G	1	10/8/6/4/2	Tempo 2/2/1		1	15ea.	Tempo 3/0/1		1	15			1	20
	g/G	2	10/8/6/4/2			2	15ea.			2	15			2	20
	g/G	3	10/8/6/4/2	Rest 0		3	15ea.	Rest 0		3	15	Rest 0		3	20
Rest 0															
Shoulder Ext	Weight	Sets	Reps	Alt. Sh Press	Weight	Sets	Reps	Chin Tucks	Weight	Sets	Reps	ESR	Weight	Sets	Reps
Palms face body	Wt'd Bar	1	15			1	20ea	Tempo 1/3/1		1	15	Tempo 2/0/2		1	20
	Wt'd Bar	2	15			2	20ea			2	15			2	20
	Wt'd Bar	3	15			3	20ea			3	15			3	20
Rest :60 sec				Rest :60 sec				Rest :60 sec				Rest :60 sec			

Recovery: Stick, Static Stretches

## Day 3

Cardio Training or On-Court  
Choose 4 Prehab exercises



# NATIONAL WHEELCHAIR TENNIS TEAM

## Week 5 Day 1

S-S Paint Shaker	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	Backwards Pull Tempo 2/2/1	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	Seated Row Tempo 2/0/2	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	Sword Raise	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>		
	g/G	1	15		Tubing	1	15		Tempo	2/0/2	1		20	1	20ea		
	g/G	2	15		Tubing	2	15				2		20	2	20ea		
	g/G	3	15		Tubing	3	15		Rest	0	3		20	3	20ea		
Rest	0																
Shoulder Ext Palms face body	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	V Shoulder Press	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	Fonzies up/down Tempo 2/5/2	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	ESR	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>		
	Wt'd Bar	1	20			1	30		Tempo	2/5/2	1		15ea	Tempo	2/0/2	1	20
	Wt'd Bar	2	20			2	30				2		15ea			2	20
	Wt'd Bar	3	20			3	30		Rest	:60 sec	3		15ea	Rest	:60 sec	3	20
Rest	:60 sec																

Recovery: Stick, Static Stretches

## Day 2

Dynamic stretches

S-S Paint Shaker	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	2m Agility	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	DB Chest Press Tempo 3/0/1	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	Sword Raise	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>			
	g/G	1	20			1	6		Tempo	3/0/1	1		15	1	20ea			
	g/G	2	20		Rest	0	2		6				2	15	2	20ea		
	g/G	3	20		Rest	0	3		6	Rest	0		3	15	3	20ea		
Rest	0																	
W/W/U	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	Backwards Pull Tempo 2/3/1	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	Floor Flatteners Tempo 2/5/2	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	ESR	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>			
	g/G	1	15			1	15		Tempo	2/5/2	1		10	Tempo	2/0/2	1	20	
	g/G	2	15		Rest	0	2		15				2	10			2	20
	g/G	3	15		Rest	0	3		15	Rest	:60 sec		3	10	Rest	:60 sec	3	20
Rest	:60 sec																	

Recovery: Stick, Static Stretches

## Day 3

Cardio Training or On-Court  
Choose 4 Prehab exercises



# NATIONAL WHEELCHAIR TENNIS TEAM

## Week 6 Day 1

<b>2 Pushes /Stop</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Chest Pass</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Seated Row</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Dr. Jones</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>
		1	10		g/G	1	10	Tempo 3/0/1		1	30			1	20
		2	10		g/G	2	10			2	30			2	20
		3	10		g/G	3	10	Rest 0		3	30	Rest 0		3	20
Rest	0														
<b>Backwards Pull</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Front Raise/Pause</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Fonzies up/down</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>ESR</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>
Tempo 2/3/1	Tubing	1	15	Tempo 3/2/x	g/G	1	15	Tempo 1/2/1	20ea	1	15ea	Tempo 2/0/2		1	20
	Tubing	2	15		g/G	2	15		20ea	2	15ea			2	20
	Tubing	3	15		g/G	3	15		20ea	3	15ea			3	20
Rest	0			Rest :60 sec				Rest :60 sec				Rest :60 sec			

Recovery: Stick, Static Stretches

## Day 2

### Dynamic Stretch

<b>S-S Paint Shaker</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>2 m Agility</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>DB Chest Press</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Sword Raise</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>
	g/G	1	20			1	6	Tempo 3/0/1		1	15			1	20ea
	g/G	2	20			2	6			2	15			2	20ea
	g/G	3	20	Rest 0		3	6	Rest 0		3	15	Rest 0		3	20ea
Rest	0														
<b>W/W/U</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Backwards Pull</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Floor Flatteners</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>ESR</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>
	g/G	1	15	Tempo 2/3/1	Tubing	1	15	Tempo 2/5/2		1	10	Tempo 2/0/2		1	20
	g/G	2	15		Tubing	2	15			2	10			2	20
	g/G	3	15	Rest 0	Tubing	3	15			3	10			3	20
Rest :60 sec				Rest :60 sec				Rest :60 sec				Rest :60 sec			

Recovery: Stick, Static Stretch

## Day 3

Cardio Training or On-Court  
Choose 4 Prehab exercises



# NATIONAL WHEELCHAIR TENNIS TEAM

## Week 7 Day 1

Dynamic Stretches/Ball Warm-up

Sled Sprint	Weight	Sets	Reps	2m Agility	Weight	Sets	Reps	DB Chest Press	Weight	Sets	Reps	Sword Raise	Weight	Sets	Reps
60m (Down/rest :60/back)		1				1	6	Tempo 3/0/1		1	15	3 way - hi/45°/chest level		1	10ea
10% Rule		2				2	6			2	12			2	10 ea
Rest	0	3		Rest	0	3	6	Rest	0	3	10	Rest	0	3	10ea
WW/U	Weight	Sets	Reps	Backwards Pull	Weight	Sets	Reps	Floor Flatteners	Weight	Sets	Reps	ESR	Weight	Sets	Reps
	g/G	1	20	Tempo 2/3/1		1	20	Tempo 1/1/1		1	20	Tempo 2/0/2		1	20
	g/G	2	20			2	20			2	20	Alternate arms		2	20
	g/G	3	20	Rest	0	3	20	Rest		3	20	Rest		3	20
Rest	:60 sec			Rest	:60 sec			Rest	:60 sec			Rest	:60 sec		

Recovery: Stick, Static Stretches

## Day 2

Dynamic Stretches/Ball Warm-up

2 Pushes/Stop	Weight	Sets	Reps	Chest Pass	Weight	Sets	Reps	Seated Row	Weight	Sets	Reps	Dr. Jones	Weight	Sets	Reps
		1	10		g/G	1	12	Tempo 3/0/1		1	15	No dowel		1	20
		2	10		g/G	2	12			2	12			2	20
		3	10		g/G	3	12	Rest	0	3	10	Rest	0	3	20
Rest	0														
Backwards Pull	Weight	Sets	Reps	Lat Pulls	Weight	Sets	Reps	Fonzies up/down	Weight	Sets	Reps	ESR	Weight	Sets	Reps
Tempo 3/3/3		1	15	Tempo 3/0/1		1	15	Tempo 1/2/1		1	12 ea	Tempo 2/0/2		1	20
	Tubing	2	15			2	12			2	12 ea			2	20
	Tubing	3	15			3	10	Rest		3	12 ea	Rest		3	20
Rest	0			Rest	:60 sec			Rest	:60 sec			Rest	:60 sec		

Recovery: Stick, Static Stretches

## Day 3

Cardio Training or On-Court  
Choose 4 Prehab exercises





# NATIONAL WHEELCHAIR TENNIS TEAM

## Week 8 Day 1

Dynamic Stretches/Ball Warm-up

Sled Sprint	Weight	Sets	Reps	2m Agility	Weight	Sets	Reps	DB Chest Press	Weight	Sets	Reps	Sword Raise	Weight	Sets	Reps
60m (Down/rest :60/back)		1				1	6	Tempo 3/0/1		1	15	3 way - hi/45°/chest level		1	10ea
10% Rule		2				2	6			2	12			2	10ea
Rest	0	3		Rest 0		3	6	Rest 0		3	10	Rest 0		3	10ea
W/W/U	Weight	Sets	Reps	Backwards Pull	Weight	Sets	Reps	Floor Flatteners	Weight	Sets	Reps	ESR	Weight	Sets	Reps
	g/G	1	20	Tempo 2/3/1	Tubing	1	20	Tempo 1/1/1		1	20	Tempo 2/0/2		1	20
	g/G	2	20		Tubing	2	20			2	20	Alternate arms		2	20
	g/G	3	20	Rest 0	Tubing	3	20	Rest :60 sec		3	20	Rest :60 sec		3	20
Rest :60 sec				Rest :60 sec											

Recovery: Stick, Static Stretches

## Day 2

Dynamic Stretch

2 Pushes/Stop	Weight	Sets	Reps	Chest Pass	Weight	Sets	Reps	Seated Row	Weight	Sets	Reps	Dr. Jones	Weight	Sets	Reps
		1	10		g/G	1	12	Tempo 3/0/1		1	15	No dowel		1	20
		2	10		g/G	2	12			2	12			2	20
		3	10		g/G	3	12	Rest 0		3	10	Rest 0		3	20
Rest 0															
Backwards Pull	Weight	Sets	Reps	Lat Pulls	Weight	Sets	Reps	Fonzies up/down	Sets	Reps	ESR	Weight	Sets	Reps	
Tempo 3/3/3	Tubing	1	15	Tempo 3/1/1		1	15	Tempo 1/2/1		1	12 ea	Tempo 2/0/2		1	20
	Tubing	2	15			2	12			2	12 ea			2	20
Rest 0	Tubing	3	15	Rest :60 sec		3	10	Rest :60 sec		3	12 ea	Rest :60 sec		3	20

## Day 3

Cardio Training or On-Court  
Choose 4 Prehab exercises



# NATIONAL WHEELCHAIR TENNIS TEAM

## Week 1

### Day 1

Dynamic Stretches/Ball Warm-up

Sled Sprint	Weight	Sets	Reps	2m Agility	Weight	Sets	Reps	DB Chest Press	Weight	Sets	Reps	Sword Raise	Weight	Sets	Reps
60m (Down/rest :60/back)		1				1	6	Tempo 3/0/1		1	15	3 way - hi/45°/chest level		1	10ea
10% Rule		2				2	6			2	12			2	10 ea
Rest	0	3		Rest	0	3	6	Rest	0	3	10	Rest	0	3	10ea
W/W/U	Weight	Sets	Reps	Backwards Pull	Weight	Sets	Reps	Floor Flatteners	Weight	Sets	Reps	ESR	Weight	Sets	Reps
		1	20	Tempo 2/3/1	Tubing	1	20	Tempo 1/1/1		1	20	Tempo 2/0/2		1	20
		2	20		Tubing	2	20			2	20	Alternate arms		2	20
		3	20	Rest	0	3	20			3	20			3	20
Rest	:60 sec			Rest	:60 sec			Rest	:60 sec			Rest	:60 sec		

Recovery: Stick, Static Stretches

### Day 2

Dynamic Stretches/Ball Warm-up

2 Pushes/Stop	Weight	Sets	Reps	Chest Pass	Weight	Sets	Reps	Seated Row	Weight	Sets	Reps	Dr. Jones	Weight	Sets	Reps
		1	10			1	12	Tempo 3/0/1		1	15	No dowel		1	20
		2	10			2	12			2	12			2	20
		3	10			3	12	Rest	0	3	10	Rest	0	3	20
Rest	0														
Backwards Pull	Weight	Sets	Reps	Lat Pulls	Weight	Sets	Reps	Fonzies up/down	Weight	Sets	Reps	ESR	Weight	Sets	Reps
Tempo 3/3/3	Tubing	1	15	Tempo 3/0/1		1	15	Tempo 1/2/1		1	12 ea	Tempo 2/0/2		1	20
	Tubing	2	15			2	12			2	12 ea			2	20
Rest	0	3	15			3	10			3	12 ea			3	20
				Rest	:60 sec			Rest	:60 sec			Rest	:60 sec		

Recovery: Stick, Static Stretches

### Day 3

Cardio Training or On-Court

Choose 4 Prehab exercises



# NATIONAL WHEELCHAIR TENNIS TEAM

## Week 2

### Day 1

Dynamic Stretches/Ball Warm-up

Sled Sprint	Weight	Sets	Reps	2m Agility	Weight	Sets	Reps	DB Chest Press	Weight	Sets	Reps	Sword Raise	Weight	Sets	Reps
60m (Down/rest :60/back)		1				1	6	Tempo 3/0/1		1	15	3 way - hi/45°/chest level		1	10ea
10% Rule		2				2	6			2	12			2	10ea
Rest 0		3		Rest 0		3	6	Rest 0		3	10	Rest 0		3	10ea
W/W/U	Weight	Sets	Reps	Backwards Pull	Weight	Sets	Reps	Floor Flatteners	Weight	Sets	Reps	ESR	Weight	Sets	Reps
		1	20	Tempo 2/3/1	Tubing	1	20	Tempo 1/1/1		1	20	Tempo 2/0/2		1	20
		2	20		Tubing	2	20			2	20	Alternate arms		2	20
		3	20	Rest 0	Tubing	3	20			3	20			3	20
Rest :60 sec				Rest :60 sec				Rest :60 sec				Rest :60 sec			

Recovery: Stick, Static Stretches

### Day 2

Dynamic Stretch

2 Pushes/Stop	Weight	Sets	Reps	Chest Pass	Weight	Sets	Reps	Seated Row	Weight	Sets	Reps	Dr. Jones	Weight	Sets	Reps
		1	10			1	12	Tempo 3/0/1		1	15	No dowel		1	20
		2	10			2	12			2	12			2	20
		3	10			3	12	Rest 0		3	10	Rest 0		3	20
Rest 0															
Backwards Pull	Weight	Sets	Reps	Lat Pulls	Weight	Sets	Reps	Fonzies up/down	Weight	Sets	Reps	ESR	Weight	Sets	Reps
Tempo 3/3/3	Tubing	1	15	Tempo 3/1/1		1	15	Tempo 1/2/1		1	12 ea	Tempo 2/0/2		1	20
	Tubing	2	15			2	12			2	12 ea			2	20
	Tubing	3	15			3	10			3	12 ea			3	20
Rest 0				Rest :60 sec				Rest :60 sec				Rest :60 sec			

Recovery: Stick, Static Stretch

### Day 3

Cardio Training or On-Court

Choose 4 Prehab exercises



# NATIONAL WHEELCHAIR TENNIS TEAM

## Week 3

### Day 1

#### Dynamic Stretches

Sled Sprint	Weight	Sets	Reps	2m Agility	Weight	Sets	Reps	DB Chest Press	Weight	Sets	Reps	DB Pro/Retraction	Weight	Sets	Reps
60m (Down/rest :60/back)		1		Deep pattern		1	6	Tempo 3/0/1		1	12	Lying down		1	20
10% Rule		2		Include back pull		2	6			2	10			2	20
Rest 0		3		Rest 0		3	6	Rest 0		3	8	Rest 0		3	20
Front Raise	Weight	Sets	Reps	Backwards Pull	Weight	Sets	Reps	Tubing/Row/Flip	Weight	Sets	Reps	ESR	Weight	Sets	Reps
Quick Raise/Pause		1	15	Tempo 2/3/1	Tubing	1	15 ea	Tempo 1/1/1/1		1	20	Tempo 2/0/2		1	20
		2	15	Alternate Arm	Tubing	2	15 ea			2	20	Alternate arms		2	20
		3	15	Rest 0	Tubing	3	15 ea			3	20			3	20
Rest :60 sec				Rest :60 sec				Rest :60 sec				Rest :60 sec			

Recovery: Stick, Static Stretch

### Day 2

#### Dynamic Stretches

2 Pushes/Stop	Weight	Sets	Reps	Chest Pass	Weight	Sets	Reps	Seated Row	Weight	Sets	Reps	Dr. Jones	Weight	Sets	Reps
		1	10	Lying Down		1	15	Tempo 3/0/1		1	12	w/ dowel		1	20
		2	10			2	15			2	10			2	20
		3	10			3	15	Rest 0		3	8	Rest 0		3	20
Rest 0															
Backwards Pull	Weight	Sets	Reps	Lying Pull Over	Weight	Sets	Reps	Cable Woodchop	Weight	Sets	Reps	ESR	Weight	Sets	Reps
Tempo 3/3/3	Tubing	1	15	Tempo 3/0/1		1	15	Tempo 3/2/1		1	15 ea	Tempo 2/2/2		1	20
	Tubing	2	15			2	12			2	15 ea			2	20
	Tubing	3	15			3	10			3	15 ea			3	20
Rest 0				Rest :60 sec				Rest :60 sec				Rest :60 sec			

Recovery: Stick, Static Stretches



# NATIONAL WHEELCHAIR TENNIS TEAM

## Week 4

### Day 1

Dynamic Stretch

Sled Sprint	Weight	Sets	Reps	2 m Pivot	Weight	Sets	Reps	DB Chest Press	Weight	Sets	Reps	DB Pro/Retraction	Sets	Reps
Alternate Arm		1	30m	2 cones		1	12	Close grip		1	12	Lying down	1	20
		2	30m	Push to cone/bkwd back/ spine and push to 2nd		2	12	Tempo 3/0/1		2	12	Rest 0	2	20
Rest	0	3	30m			3	12	Rest 0		3	12		3	20
Sled Pull	Weight	Sets	Reps	Dr. Jones	Weight	Sets	Reps	Prone Cobra OR Horizontal Abduction	Sets	Reps	ESR	Weight	Sets	Reps
Backwards Pull		1	30m	w/ Dowel		1	20		1	:60/20	Tempo 2/0/2		1	20
		2	30m			2	20		2	:60/20	Alternate arms		2	20
Rest	0	3	30m	Rest :60 sec		3	20	Rest :60 sec	3	:60/20	Rest :60 sec		3	20

Recovery: Stick, Static Stretch

### Day 2

Dynamic Stretches

3 Pushes/Stop	Weight	Sets	Reps	S-S Ball Slams	Weight	Sets	Reps	1 Arm Seated Row	Sets	Reps	Shoulder Extension	Sets	Reps		
		1	10			1	20	Tempo 3/0/1	1	12 ea	w/ dowel or bar	1	20		
		2	10			2	20		2	12 ea	Palms down	2	20		
Rest	0	3	10			3	20	Rest 0	3	12 ea	Rest 0	3	20		
Backwards Pull	Weight	Sets	Reps	Sup. Lat Pulls	Weight	Sets	Reps	Cable Woodchop	Weight	Sets	Reps	ESR	Weight	Sets	Reps
Alternate Arms	Tubing	1	15 ea	Tempo 3/0/1		1	12	Tempo 3/2/1		1	15 ea	Tempo 2/2/2		1	20
Tempo 3/3/3	Tubing	2	15 ea			2	12			2	15 ea			2	20
Rest 0	Tubing	3	15 ea	Rest :60 sec		3	10	Rest :60 sec		3	15 ea	Rest :60 sec		3	20

Recovery: Stick, Static Stretch

### Day 3

Cardio Training or On-Court

Choose 4 Prehab exercises

# Static Stretches

\* Hold each stretch for 60 seconds \* Repeat 1-3 sets \* Intensity 1 - 3 - 10

