



7858 Shrader Rd
Richmond, Virginia 23294

Example Interval Tennis Program

The interval tennis program is designed so that the athlete can achieve each individual level of tennis without pain or complication. The ITP should be supplemented with a weight training program and a flexibility program to maintain the athlete in top physical condition. Weight training should be done on a tennis day and should emphasize high repetition with low weight as a maintenance program for the athlete. The athlete should be hitting every other day and using the day between for flexibility and rest. This program has been set up to minimize the risk for re-injury and emphasize warm-up, stretching, proper body and tennis mechanics, and the importance of weight training with the tennis player.

Formal consultation with a Tennis Instructor is recommended to emphasize proper form and mechanics.



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Requirements for Hitting:

1. Clearance by the athlete's physician
2. Pain-free range of motion
3. Adequate muscle power
4. Adequate muscle resistance to fatigue

The athlete should warm-up by jogging, biking, or jumping rope to increase blood flow and increase the muscular flexibility. Following warm-up, stretching should be performed. Emphasis should be placed on proper technique and body mechanics. The velocity of the tennis ball is determined by the distance of the hit and the ball should only have enough speed to travel the appropriate distance. The athlete should begin with warm-up mini tennis. The goal is to be able to hit the specified distance 160 times without pain.

During the recovery process the athlete may experience soreness and possibly a dull, aching sensation in the muscles and tendons. If the athlete experiences sharp pain, particularly in the joint, stop all tennis activity until the pain ceases and call the athlete's physician if pain continues.

This program is based on an individual tennis player, and because all players will vary, there is no time for completion of the program. It is essential that the player complete each individual phase with the proper technique and body mechanics and without an increase in pain. Once the phase has been completed, the athlete then progresses to the next phase. This sets up a progression that an individual goal is achieved prior to advancement instead of advancing at a specified time. This will greatly decrease the chance for re-injury and greatly increase the most adequate and safest route to return to competition.



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Interval Tennis Program Abbreviations:

OH – overhead shots

FH – forehand shots

BH – backhand shots

	Monday	Wednesday	Friday
Week 1	12 FH	15 FH	15 FH
	8 BH	8 BH	10 BH
	10' rest	10' rest	10' rest
	13 FH	15 FH	15 FH
	7 BH	7 BH	10 BH
Week 2	25 FH	30 FH	30 FH
	15 BH	20 BH	25 BH
	10' rest	10' rest	10' rest
	25 FH	30 FH	30 FH
	15 BH	20 BH	15 BH
			10 BH



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	Monday	Wednesday	Friday
Week 3	30 FH	30 FH	30 FH
	25 BH	25 BH	30 BH
	10 OH	15 OH	15 OH
	10' rest	10' rest	10' rest
	30 FH	30 FH	30 FH
	25 BH	25 BH	15 OH
	10 OH	15 OH	10' rest
			30 FH
			30BH
			15 OH
Week 4	30 FH	30 FH	30 FH
	30 BH	30 BH	30 BH
	10 OH	10 OH	10 OH
	10' rest	10' rest	10' rest
	Play 3 games	Play set	Play 1.5 sets
	10 FH	10 FH	10 FH
	10 BH	10 BH	10 BH
	5 OH	5 OH	3 OH