



The University of West Alabama
Athletic Training & Sports Medicine
Center

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INTERVAL TENNIS PROGRAM

ALWAYS do your rehabilitation exercises **before** your tennis program
 ALWAYS stretch completely after your workout
 Use ice as necessary

GS=GROUND STROKES

OH=OVERHEAD SHOTS

	1st Week	2nd Week	3rd Week	4th Week
M	10 min/GS	20 min/GS	20 min/GS	20 min/GS
O	10 min/rest	10 min/rest	10 min/rest	10 min/rest
N	10 min/GS	20 min/GS+OH	20 min/GS+OH	20 min/GS+OH
D			10 min/rest	10 min/rest
A			20 min/GS+OH	20 min/GS+OH
Y				10 min/rest 20 min/GS +OH
W	10 min/GS	20 min/GS + OH	20 min/GS	20 min/GS +OH
E	10 min/rest	10 min/rest	10 min/rest	10 min/rest
D	10 min/GS	20 min/GS+OH	20 min/GS+OH	20 min/GS +OH
N			10 min/rest	10 min/rest
E			20 min/GS+OH	20 min/GS +OH
S				10 min/rest
D				20 min/GS +OH
A				
Y				
F	10 min/GS	20 min/GS	20 min/GS + OH	20 min/play
R	10 min/rest	10 min/rest	10 min/rest	10 min/rest
I	20 min/GS + OH	20 min/GS+OH	20 min/GS + OH	20 min/play
D		10 min/rest	10 min/rest	10 min/rest
A		20 min/GS+OH	20 min/GS + OH	20 min/play
Y				10 min/rest 20 min/play