

Tennis Summer Fitness Plan

Running Drills:

1. Sprint 50 yards 8-10 times with rest between each sprint.
2. Sprint 100 yards 6-8 times with 2-2.2 minutes rest between each sprint.
3. Sprint 220 yards 4-5 times 3-4 minutes rest between each sprint.
4. Sprint 440 yards 2-3 times with 5-7 minutes rest between each sprint.

Jumping exercises:

1. Jump high enough into the air to touch the knees to the chest and then return to the ground. This should be done at maximum 20 to 30 times a set. Complete up to three sets with a 30 to 45 second rest between each set.

Exercises:

1. 50 push-ups (various styles)
2. 50 sit-ups

Flexibility Training:

The following guidelines should be observed when stretching:

- Never force a stretching muscle during the exercise to a level of discomfort or pain. Do not overstretch.
- Be patient; work within your limits.
- Stay relaxed in all areas of the body.
- Maintain a good posture and body alignment at all times.
- Do not hold your breath—breathe normally.
- Use equal time intervals between exercises to let the muscles relax (10 to 30 seconds).

1. **Calf stretch:** *Muscles stretched:* Calf, lower hamstring.
Description: Stand erect with your feet together and both heels on the ground. Lean forward against a wall or immovable object. Then lean farther until tightness is felt in the calves and Achilles tendons. Hold this position for 30 seconds and then return to original position.
2. **Standing shin stretch:** *Muscles stretched:* Tibialis anterior, shin and ankle muscles.
Description: Stand erect with your back to a wall and your feet flat on the ground. Lean backward until tightness is felt in the shin muscles. Turn the toes outward and then inward for different angles. (This may be done with one leg or both legs at a time.) Hold each position for 30 seconds and then return to the starting position.
3. **Sitting shoulder stretch:** *Muscles stretched:* Shoulder and neck muscles.
Description: Sit down with the legs together pointing forward. Your arms are behind you body, with your palms on the floor and your fingers pointing toward your body. Slowly lean back and increase the angle between your arms and your

trunk until maximum stretch is achieved. Hold this position for 30 seconds and return to the original position.

- 4. Scissor back stretch:** *Muscles stretched:* Lower back muscles, buttocks, upper hamstrings.
Description: Lie on your back with your legs together and your arms extended out at the sides. Slowly raise the right leg to reach the left arm. Hold this position for 30 seconds. Return to the original position and repeat, this time raising the left leg to reach the right arm.
- 5. Standing hamstring stretch:** *Muscles stretched:* Lower back muscles, upper calf muscle.
Description: Stand upright with the knees locked. Bend forward slowly, moving the hands toward the ankles until tightness is felt in the hamstrings. Hold this position for 30 seconds, and then slowly return to the original position.
- 6. Standing shoulder stretch:** *Muscles stretched:* Front and back shoulder and neck muscles
Stand with your arms straight out to your sides and hold a stationary object. Turn slowly to the left and slowly stretch the shoulder until tightness is felt. Hold this position for 30 seconds. Return to the starting position and repeat, turning to the right.
- 7. Pretzel stretch:** *Muscles stretched:* Lower back, buttocks, upper shoulder.
Description: Sit with the right leg bent at the knee with the upper leg flat on the floor. Raise the left knee and place the left foot flat on the floor next to the right knee. Slowly twist the torso to the left. The right arm should be placed outside the raised knee to facilitate twist. Hold for 30 seconds and return to the original position. Repeat the procedure on the opposite side.
- 8. Static groin stretch:** *Muscles stretched:* Groin muscles.
Description: Sit down, and pull your heels together toward the groin. Slowly push down on your knees with your elbows until tightness is felt in the groin area. Hold for 30 seconds and return to the original position.
- 9. Hurdlers hamstring stretch:** *Muscles stretched:* Hamstring muscles.
Description: sit on the floor with one leg turned backward, but not as to put excess strain on the knee joint, and the other extended forward (hurdler's position). Bend the torso down toward the knee until tightness is felt. Hold this position for 30 seconds, and then slowly return to the original position.
- 10. Sprinters stretch:** *Muscles stretched:* Groin area muscles, gastrocnemius (calf), hamstring, quadriceps, upper back muscles.
Description: Stand in an upright position with the knees locked. Slowly spread the legs apart forward and backward as far as you can. Slowly move the hands toward the right ankle until tightness is felt in the hamstring and gastrocnemius and hold this position for 30 seconds. Return to the original position.

- 11. Cobra stretch:** *Muscles stretched:* Abdominal muscles, upper quadriceps.
Description: Lie flat on your stomach. Push your upper body off the floor with hands extending up to full stretch. Hold for 30 seconds. Slowly return to the original position.
- 12. Hurdler's quadriceps stretch:** *Muscles stretched:* Quadriceps, shin muscles.
Description: Lie on your back with your legs together. Point one leg out to the side and the other straight ahead. Lower your head toward the floor until tightness is felt in the quadriceps. Do not put pressure on the knee of the leg extended to the side. Hold this position for 30 seconds. Slowly return to the original position and repeat with the right leg.

Exercises for wrist flexors and extensors

The following wrist exercises should be done in a contraction-relaxation manner. The opposite hand should be used as the resisting force to enable the isometric contraction. Extension should be done to the point muscle tightness and slight resistance. The wrist should then be extended slightly farther and the exercise repeated. Three extensions and contractions should be sufficient for each exercise.

13. Wrist flexor stretch:

Description: The palm of the racquet hand should be facing up. With the opposite hand, pull the racquet hand and fingers downward so that the muscles and connective tissues of the wrist are extended.

14. Wrist extensor stretch:

Description: The palm of the racquet hand should be facing down. With the opposite hand, press the hand and fingers downward, extending the muscles and connective tissues of the wrist.

Nutrition:

Eat healthy foods.

Practice:

Stay on the tennis courts as much as possible during the summer.

Two hours three times a week would be great as a minimum. ***Remember to drink plenty of liquids (every 15 – 20 minutes) during practice and workouts.***

*Note: Adapted from Chuck Kriese's book *Winning Tennis*.