



SAMPLE 25-WEEK CONDITIONING PLAN FOR COLLEGE TENNIS PLAYERS

(FALL SEASON TO WINTER OFF-SEASON)



Sample 25-week Conditioning Plan for College Tennis Players

This sample plan for college tennis players has been designed to give college tennis coaches and strength and conditioning coaches ideas as to how the conditioning sessions can be organized to prepare college players for their college seasons and also develop a very strong base for their tennis careers after college. It is important to work as a team to be successful, so please discuss this plan with the strength and conditioning coach, athletic trainer, and other support staff to develop a complete plan.

The 25-week is divided into the following seasons; Fall Pre-Season (4 weeks), Fall Season (8 weeks), Off-Season (8 weeks), and Spring Pre-Season (4-5 weeks). For each season, weekly sample programs are provided. Please remember that these are samples, and they may need to be adjusted based on each player's levels and needs. The programs consist of the following modes of training

NCAA College Tennis: Week 1 – Week 25

Total Weeks	Season	Weeks	Events	Strength Training		Conditioning Days/Week								
				Phase	Days/Wk	Interval	Pace/Tempo	LSD	Stadium/Stars	Acceleration/Plyo	On Court Endurance	On Court Specific Movement	Other	Total Volume/Distance
1	Fall Pre-Season	1	TEST	Test	2	0	0	2	0	0	1	0	1	L
2	Fall Pre-Season	2		Base	3	0	1	2	0	0	1	0	1	M
3	Fall Pre-Season	3		Base	3	0	1	1	1	0	0	0	1	M-H
4	Fall Pre-Season	4		Base	3	1	1	0	0	1	1	0	2	M-H
5	Fall Season	1	Transition/AR	TR	1-2	0	0	1	0	1	1	1	1	L
6	Fall Season	2		S/P	2	0	1	1	1	1	0	1	1	L-M
7	Fall Season	3	ITA All-American	S/P	1-2	0	0	1	0	1	0	2	1	L-M
8	Fall Season	4		S/P	2	1	0	1	0	0	1	1	1	L-M
9	Fall Season	5		S/P	2	1	0	1	0	1	0	2	1	M
10	Fall Season	6	ITA Regional	S/P	1-2	0	0	1	0	1	0	2	1	L
11	Fall Season	7		Peak	2	1	0	1	1	0	0	2	1	L-M
12	Fall Season	8	ITA Indoor National	Peak	1-2	0	0	1	0	1	0	2	1	L
13	Off-Season	1	Active Rest	AR	0	0	0	1	0	0	0	0	2	L
14	Off-Season	2	TEST	Test	3	0	1	0	1	0	1	0	1	L-M
15	Off-Season	3	Thanksgiving	Base	1-2	1	1	1	0	0	0	0	1	H
16	Off-Season	4		HP	3-4	1	1	0	1	0	0	0	1	H
17	Off-Season	5		HP	3-4	2	0	0	0	1	0	0	2	H
18	Off-Season	6	TEST	Test	3-4	2	0	0	0	0	1	0	2	H
19	Off-Season	7	Christmas	HP	1-2	2	0	1	1	0	0	0	2	H
20	Off-Season	8	New Year's Day Transition/AR	HP	0	0	0	1	0	0	0	0	3	L
21	Spring Pre-Season	1		AR	1-2	1	0	1	0	1	1	1	1	M
22	Spring Pre-Season	2	TEST	Test	1-2	1	0	1	0	1	1	1	1	L-M
23	Spring Pre-Season	3		Base	3	1	0	1	0	0	0	2	1	M
24	Spring Pre-Season	4		Base	3	1	0	1	0	1	1	1	1	L-M
25	Spring Season	1	Transition	S/P	1-2	1	0	0	0	1	0	2	0	L

AR=Active rest, BASE=basic/foundation training, TR=Transition, S/P=Strength & Power, HP=Hypertrophy

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Interval

Interval training involves multiple bouts of running/sprints. Each run/sprint is less than 10 seconds to as long as 3 to 4 minutes. It is important to work and maintain the intensity (time) for each run and sprint, so if the player slows down or cannot maintain the intensity (time), adjust the time or increase the rest periods. During the testing week, find a realistic time that the athlete can maintain for each distance. Of course, as the athletes improve their conditioning levels, the times will need to be adjusted; for example, after Fall Pre-season, after freshman year, etc.

Examples:

2x3x800m :90 rest, 3min rest in between sets = 3 repetitions of 800m run with :90 rest for 2 sets. So total of 6 x 800m with 3 min rest after the first 3 repetitions (3x800m).

3x7 min 5,10,15yd sprints, full recovery in between sets = sprint 5 yd then walk or jog back to start line, sprint 10yd then walk or jog back to start line, sprint 15yd then walk or jog back to start line, repeat these three distances for 7min. After 7min, full recovery, then perform two more 7min (with full recovery in between as well). Use different starting positions, ready position with split steps, etc., to add some variations also.

Pace/Tempo

Pace/Tempo training is similar to interval training. Each bout of running is a little longer than interval training. Again, it is important to maintain the intensity. Therefore, adjust the times and rest periods if needed.

Example:

5x1,200m :90 rest in between reps = 5 repetitions of 1,200m run with 90 sec. rest in between repetitions.

Long Slow Distance (LSD)

The LSD is consistent distance running. As a simple indicator of intensity, percentages of Predicted Max Heart Rate (PMHR) are provided.

Example: 30min run @ 60-70% PMHR = 30min run (preferably outside on non-concrete surface) at 60-70% of PMHR.

Stadium/Stairs

One of the advantages of a college campus is that most of the campuses have stadiums. It is a great way to develop lower body strength and overall conditioning. Of course, just like any other training methods, please consult with the strength and conditioning coach and/or athletic trainers before stadium/stairs training, especially for knees and other lower body joints issues.

Example: 3x5x40+ stairs active rest between reps, 3min rest between sets = use stairs that has 40 steps or more. Run up as fast as possible and back with comfortable pace (active recover) for 5 repetitions. Take 3min rest and repeat two more sets (take another 3 min rest after the second set). Use different steps (every other step, etc.).

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Acceleration/Plyometrics (Plyo)

One of the important components for tennis players is acceleration. Since the tennis court does not have enough space to reach maximum speed, first step and acceleration is a key factor of tennis movement. Plyometrics is another popular training method to train athletes' explosiveness and it relates to one's acceleration.

Because there are so many different types and exercises for acceleration and plyometrics training, only the intensities and mode of the training are provided. Please consult with the strength and conditioning coach for specific exercises and volumes for each day of training.

On Court (Ct.) Endurance

On Ct. Endurance training is interval training on a tennis court. Instead of running on the track, use different exercises, such as footwork drills, etc., which are approximately 15sec each and jog around the tennis court as a recovery after each exercise. The exercise duration could be shorter or longer than 15sec. However, it should not exceed 45 sec to maintain intensity and tennis specific component. Some of the exercises could be performed with a tennis racquet in hand. It is important to perform each exercise in full speed and use active recovery, such as jog around a tennis court so that the entire set is non-stop continuous movement.

Example: 3x7min full recovery in between sets = set up several different exercises, perform each exercise with active recovery as many repetition as possible for 7min. Take full recovery before the next set.

On Court (Ct.) Specific Movement

Correct movement patterns should be emphasized during the conditioning sessions. Therefore, it is important to communicate with the strength and conditioning coach and be on the same page as to what are the correct movement pattern and needs to be focused on. This type of training may not be a strong area of training for some of the strength and conditioning coaches, especially if they do not have a tennis background. This session may need to be conducted by tennis coaches or strength and conditioning coaches and tennis coaches together.

Examples: use footwork only, medicine balls, or a tennis racquet in hand. Place cones or markers for specific movement pattern. Perform the movement pattern with correct footwork with a good realistic intensity. Each exercise is approximately 15sec (again it could be shorter or longer). Use full recovery between repetitions or 25sec rest like between the points.

Other

Other training is non-impact cardio, such as biking, swimming, elliptical trainer, etc., cross training, and other physical activities/games.

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Total Wk	Season	Week		M	T	W	TH	F	SA	S	Total Volume/ Distance
1	Fall Pre-Season	1	mode	LSD		LSD		On Ct. Endurance	Other	OFF	
			programs	20min Run @ 60-70% PMHR		20min Run @ 60-70% PMHR		3x 5min full recovery between sets	game, cross training, etc for 60min		≈ 6-7 mile
2	Fall Pre-Season	2	mode	LSD	Other	Pace/Tempo		On Ct. Endurance	LSD	OFF	
			programs	25min Run @ 60-70% PMHR	non-impact cardio (bike, etc) 30min @60-70% PMHR	4x1,200m :90rest inbetween reps		3x 5min full recovery between sets	25min Run @ 60-70%PMHR		≈ 8-9 mile
3	Fall Pre-Season	3	mode	Pace/Tempo	Other	Stadium / Stairs		Interval	LSD	OFF	
			programs	3x1,600m 90sec rest	non-impact cardio (bike, etc) 30min @60-70% PMHR	3x5x40+ stairs active rest between reps, 3min rest between sets		2x3x800m :90rest, 3min rest between sets	30min Run @ 60-70%PMHR		≈ 9-10 mile
4	Fall Pre-Season	4	mode	Pace/Tempo	Other	Acceleration/ Plyo	On Ct. Endurance	Interval	Other	OFF	
			programs	3x1,600m 90sec rest	non-impact cardio (bike, etc) 35min @60-70% PMHR	Base Plyo, 1st step drills, etc.	3x6min full recovery between sets	2x5x400m :60 rest inbetween reps, 3min inbetween sets	game, cross training, etc for 60min		≈ 9-10 mile
5	Fall Season transition	1	mode	Acceleration/ Plyo	On Ct. Endurance		On Ct. Specific Movement	LSD	Other	OFF	
			programs	Base Plyo, 1st step drills, etc.	3x7min full recovery between sets		footwork/ movement, etc.	30min Run @ 70-80%PMHR	game, cross training, etc for 60min		≈ 5 mile
6	Fall Season	2	mode	Pace/Tempo		LSD	Acceleration/ Plyo	Stadium / Stairs	Other	OFF	
			programs	5x1,200m :90 rest in between reps		30min Run @ 70-80% PMHR	Base Plyo, 1st step drills, etc.	3x5x40+ stairs active rest between reps, 3min rest between sets	non-impact cardio (bike, etc) 40min @60-70% PMHR		≈6-7mile
7	Fall Season	3	mode	On Ct. Specific Movement	Other	Acceleration/ Plyo	On Ct. Specific Movement	LSD		OFF	
			programs	footwork/ movement, etc.	non-impact cardio (bike, etc) 40min @60-70% PMHR	Med. Intensity Plyo + 2x5min 5,10,15yd sprints full recovery in between sets	footwork/ movement, etc.	30min Run @70-80% PMHR			≈ 6mile
8	Fall Season	4	mode	Interval	Other	On Ct. Specific Movement	On Ct. Endurance		LSD	OFF	
			programs	2x3x800m :90rest, 3min rest between sets	non-impact cardio (bike, etc) 40min @60-70% PMHR	footwork/ movement, etc.	3x7min full recovery in between sets		30min Run @ 70-80% PMHR		≈ 6-7mile
9	Fall Season	5	mode	Interval	On Ct. Specific Movement	Other	Acceleration/ Plyo	On Ct. Specific Movement	LSD	OFF	
			programs	2x5x400m :60 rest inbetween reps, 3min inbetween sets	footwork/ movement, etc.	non-impact cardio (bike, etc) 40min @60-70% PMHR	Med. Intensity Plyo + 2x5min 5,10,15yd sprints full recovery in between sets	footwork/ movement, etc.	30min Run @ 70-80% PMHR		≈ 7-8mile

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Total Wk	Season			M	T	W	TH	F	SA	S	Total Volume/ Distance
19	Off-season	7	mode	Interval	Other	LSD	Stadium / Stairs	Interval	Other	OFF	
			programs	3x3x800m :75 rest on between reps, 3min in between sets	game, cross training, etc for 60min	30min Run @ ≈80% PMHR	4x6x40+ stairs active rest between reps, 3min rest between sets	2x6x200m :45 rest in between reps, 2min rest in between sets	non-impact cardio (bike, etc) 40min @60-70% PMHR		≈ 11 mile
20	Off-Season	8	mode	LSD	Other		Other	Other		OFF	
			programs	40min Run @ ≈70PMHR	game, cross training, etc for 60min		non-impact cardio (bike, etc) 40min @60-70% PMHR	game, cross training, etc for 60min		≈ 5 mile	
21	Spring Pre-Season	1	mode	Interval	Other	Acceleration/ Plyo	On Ct. Endurance	On Ct. Specific Movement	LSD	OFF	
			programs	3x5x200m :45 rest in between reps, :90 rest in between sets	game, cross training, etc for 60min	Base Plyo, 1st step drills, etc. & 2x5min 5,10,15yd sprints, full recovery in between sets	3x10min full recovery in between sets	footwork/ movement, etc.	30min Run @ ≈80% PMHR	≈ 7-8mile	
22	Spring Pre-Season	2	mode	Interval	Other	Acceleration/ Plyo	On Ct. Endurance	On Ct. Specific Movement	LSD	OFF	
			programs	3x7min 5,10,15 yd sprints, full recovery in between sets	non-impact cardio (bike, etc) 40min @60-70% PMHR	Med. to High inetsnity Plyo	3x10min full recovery in between sets	footwork/ movement, etc.	30min Run @ ≈80% PMHR	≈ 6-7mile	
23	Spring Pre-Season	3	mode	Interval	Other	On Ct. Specific Movement	On Ct. Endurance	On Ct. Specific Movement	LSD	OFF	
			programs	3x5x200m :45 rest in between reps, :90 rest in between sets	game, cross training, etc for 60min	footwork/ movement, etc.	3x12min full recovery in between sets	footwork/ movement, etc.	30min Run @ ≈80% PMHR	≈ 7-8mile	
24	Spring Pre-Season	4	mode	Interval	Other	Acceleration/ Plyo	On Ct. Endurance	On Ct. Specific Movement	LSD	OFF	
			programs	3x7min 5,10,15 yd sprints, full recovery in between sets	non-impact cardio (bike, etc) 40min @60-70% PMHR	Med. to High inetsnity and shock Plyo	3x12min full recovery in between sets	footwork/ movement, etc.	30min Run @ ≈80% PMHR	≈ 6-7 mile	
25	Spring In-Season	1	mode	Interval		On Ct. Specific Movement	Acceleration/ Plyo		On Ct. Specific Movement	OFF	
			programs	3x7min 5,10,15 yd sprints, full recovery in between sets		footwork/ movement, etc.	Med. to High inetsnity and shock Plyo		footwork/ movement, etc.	≈ 5 miles	

Distance Chart

MILES	METERS	LAPS (400M Track)
1	1,600	4
3/4	1,200	3
1/2	800	2
1/4	400	1
1/8	200	1/2
1/16	100	1/4



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