

NAME: _____



Training Phase: Preparatory
Strength II

Tennis

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DATE:		Week 15				Week 16				Week 17				Week 18											
EXERCISE	Rest	Tempo	Reps	1	2	3	4	Reps	1	2	3	4	Tempo	Reps	1	2	3	4	Reps	1	2	3	4		
1	Back Squat	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
1a	Rotator Cuff	*	2:0:2	7-9					7-9					2:0:2	7-9					7-9					rep
																								wt	
2	DB Crossover Step Ups	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
2a	Rotator Cuff	*	2:0:2	7-9					7-9					2:0:2	7-9					7-9					rep
																								wt	
3	Low Box Jumps - Quick	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
4	Alternating DB Bench	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
5	Alternating Seated Row	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
6	Pull Ups w/ Vest	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
7	Forearms	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
8	Plyo Program: 2 Mod 3sets 20 : 2 High 3 sets 10																								
9	Chop Series 2 sets of 15 reps each											Plank Series 60 sec. hold													

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DATE:		Week 15				Week 16				Week 17				Week 18											
EXERCISE	Rest	Tempo	Reps	1	2	3	4	Reps	1	2	3	4	Tempo	Reps	1	2	3	4	Reps	1	2	3	4		
1	DB Bench	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
2	Lat Pull Down	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
3	DB Bent Over Row	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
4	Lateral Cone Touches	90	*	15					15					*	20					20					rep
																								wt	
5	3 Way Shoulders	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
6	DB Alt. Military Press	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
6a	Resisted Sprint	90	*	15					15					*	15					15					rep
																								wt	
7	Ball Shoulder/Core Stab.	90	*	45 s					45 s					*	60 s					60 s					rep
																								wt	
7a	Bus Drivers	90	3:2:1	8-10					8-10					2:0:1	8-10					8-10					rep
																								wt	
8	MB Ab Circuit 3sets of 20reps											Quadruped Series 60 sec. hold													

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DATE:		Week 15				Week 16				Week 17				Week 18											
EXERCISE	Rest	Tempo	Reps	1	2	3	4	Reps	1	2	3	4	Tempo	Reps	1	2	3	4	Reps	1	2	3	4		
1	Deadlift	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
1a	Rotator Cuff	*	2:0:2	7-9					7-9					2:0:2	7-9					7-9					rep
																								wt	
2	Single Leg Box Explosion	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
3	Open Step Lunge	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
3a	Rotator Cuff	*	2:0:2	7-9					7-9					2:0:2	7-9					7-9					rep
																								wt	
4	Glute Ham Raise	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
5	MB Chest Press Expl	90	3:2:1	7-9					7-9					2:1:1	7-9					7-9					rep
																								wt	
6	Lying Row w/ Vest	90	3:2:1	7-9					7-9					2:1:1	7-9					7-9					rep
																								wt	
7	Robo Curls/Tricep Pull D	90	3:2:1	7-9					6-8					2:1:1	4-6					5-7					rep
																								wt	
8	Forearms	90	3:2:1	7-9					6-8					2:1:1	6-8					6-8					rep
																								wt	
9	Plyo Program: 2 Mod 3sets 20 : 2 High 3 sets 10																								
10	Slam Series 2sets of 10 reps											Bridge Series 60 sec. hold													

NAME: _____



Training Phase: Preparatory
Power II

Tennis

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DATE:		Week 19				Week 20				Week 21				Week 22										
EXERCISE	Rest	Tempo	Reps	1	2	3	4	Reps	1	2	3	4	Tempo	Reps	1	2	3	4	Reps	1	2	3	4	
1	Squat To Toe Raise	120	1:0:1	4-6				3-4					1:0:1	10-12					8-10					rep
1a	Rotator Cuff	*	1:0:1	7-9				7-9					1:0:1	10-12					8-10					wt
2	DB Box Expl	120	1:0:1	4-6				3-4					1:0:1	10-12					8-10					rep
2a	Rotator Cuff Catch n Flip	*	1:0:1	7-9				7-9					1:0:1	10-12					8-10					wt
3	Low to High Box Jump Combo	120	1:0:1	4-6				3-4					1:0:1	10-12					8-10					rep
4	DB Bench - Physball	120	1:0:1	4-6				3-4					1:0:1	10-12					8-10					wt
5	3=1 Seated Row	120	1:0:1	4-6				3-4					1:0:1	10-12					8-10					rep
6	Pull Ups w/ Vest	120	1:0:1	4-6				3-4					1:0:1	10-12					8-10					wt
7	Forearms	120	1:0:1	4-6				3-4					1:0:1	10-12					8-10					rep
8	Plyo Program: 4 High 3 sets 10																							
9	Slam Series 3sets of 15 Plank Series 45 sec hold w/ weight																							

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DATE:		Week 19				Week 20				Week 21				Week 22										
EXERCISE	Rest	Tempo	Reps	1	2	3	4	Reps	1	2	3	4	Tempo	Reps	1	2	3	4	Reps	1	2	3	4	
1	DB Bench	120	1:0:1	4-6				3-4					1:0:1	10-12					8-10					rep
2	Alt Lat Pull Down	120	1:0:1	4-6				3-4					1:0:1	10-12					8-10					wt
3	Bar Bent Over Row	120	1:0:1	4-6				3-4					1:0:1	10-12					8-10					rep
4	Lateral Cone Touches	120	*	20				20					*	20					20					wt
5	3 Way Should Thumb Up	120	1:0:1	4-6				3-4					1:0:1	10-12					8-10					rep
6	Standing Military Press	120	1:0:1	4-6				3-4					1:0:1	10-12					8-10					wt
6a	Resisted Sprint	120	*	15				15					*	15					15					rep
7	Ball Shoulder/Core Stab. w/ taps	120	*	60 s				60 s					*	60 s					60 s					wt
7a	Bus Drivers	120	1:0:1	7-9				7-9					1:0:1	10-12					8-10					rep
8	Plyo Program: 4 Low 3 sets 30 - High Velocity																							
9	Chop Series 3sets of 15 Prone Series 50 sec.. Hold																							

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DATE:		Week 19				Week 20				Week 21				Week 22										
EXERCISE	Rest	Tempo	Reps	1	2	3	4	Reps	1	2	3	4	Tempo	Reps	1	2	3	4	Reps	1	2	3	4	
1	Deadlift	90	1:0:1	4-6				3-4					1:0:1	10-12					8-10					rep
1a	Rotator Cuff	*	1:0:1	7-9				7-9					1:0:1	10-12					8-10					wt
2	Single Leg Box Explosion	90	1:0:1	4-6				3-4					1:0:1	10-12					8-10					rep
3	Forward Lunge	90	1:0:1	4-6				3-4					1:0:1	10-12					8-10					wt
3a	Rotator Cuff Catch n Flip	*	1:0:1	7-9				7-9					1:0:1	10-12					8-10					rep
4	Single Leg RDL	90	1:0:1	4-6				3-4					1:0:1	10-12					8-10					wt
5	MB Chest Press Expl / Push Up	90	1:0:1	6-8				6-8					1:0:1	10-12					8-10					rep
6	Push / Pull Combo - Band	90	1:0:1	6-8				6-8					1:0:1	10-12					8-10					wt
7	Robo Curls/Tricep Pull D	90	1:0:1	4-6				3-4					1:0:1	10-12					8-10					rep
8	Forearms	90	1:0:1	4-6				4-6					1:0:1	10-12					8-10					wt
9	Plyo Program: 4 High 3 sets 10																							
10	Slam Series 3sets of 15 Bridge Series 45 sec hold w/ band																							