

Bethel Tennis Training Guide

Level Two - off season

Name _____

Weekly Training Log

date _____

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
Ten-Minute Stretching	4 x week Record completion in shaded areas.							
Speed	8 fast sprints during practice 3 x week							
Skills	Major Skill Drills 3 x week							
Sprint 8 cardio	20 minutes 2 x week							
Plyometrics	15 minutes 1 x week							
Hip Flexors	Hurdles - 15 minutes 1 x week							
Strength Training:	Exercise:	Record Sets & Reps sets / reps		Record amount of weight used during sets in shaded areas. Use E-Lifting technique on push and press exercises to failure in the "range" of 10 reps (6-12).				
Chest	Bench press 3/10							
	Chest Flys 2/10							
Back	mach rows 3/10							
	or lat pull downs							
Shoulders	Shoulder press 3/10							
	Side, front, rear DB raises 3/10							
	Shrugs 3/20							
Sports Specific Strength	DB Pullovers 3/10							
	Split-leg snatch DB 2/10							
Biceps	Machine curls 3/10							
	DB 21s 3/21							
Triceps	Rope Triceps 3/20							
Forearms	Wrist curl superset 3/ea							
Leg superset:	Leg press 3/10 (or Squats)							
	1. Quads							
	2. Calves	3 way calf raises 3/10						
3. Bosu Balance Ball	pause jumps 3/10							
	10 seconds each leg x3							
Sports Specific	Overspeed jumps 1/10 Single-leg box jump 3/8							
Hamstrings	Leg curls 3/10							
Tibialis	Reverse calf raises 1/40							
Abs	Abs superset 3/failure							
	Leg raises 3/failure							
Low back Obliques	Hyperextensions with Russian twist 2/15							