

Indian Men's Tennis Summer Training

Phase 1

Day 1

	Week 1			Week 2			Week 3			Week 4			Week 5			Week 6		
Exercise	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Choose One:																		
Box Jump		3			3			3			3			3			3	
Broad Jump		3			3			3			3			3			3	
Vertical Jump								3			3			3			3	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Leg Press		8			8			8			8			6			6	
Back Squat		8			8			8			6			6			6	
Goblet Squat								8			6			6			6	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
DB RDL		8			8			8			8			8			8	
Barbell RDL		8			8			8			8			8			8	
KB RDL					8			8			8			8			8	
											8			8			8	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Bench Press		8			8			8			8			8			8	
DB Bench Press		8			8			8			8			6			6	
Machine Bench Press					8			8			6			6			6	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
DB Row		8--10			8--10			8--10			8--10			8--10			8--10	
Seated Row		8--10			8--10			8--10			8--10			8--10			8--10	
Cable Row								8--10			8--10			8--10			8--10	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Hollow Hold		x30sec			x30sec			x30sec			x30sec			x30sec			x30sec	
Front Plank		x30sec			x30sec			x30sec			x30sec			x30sec			x30sec	
								x30sec			x30sec			x30sec			x30sec	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Side Plank		x30sec			x30 sec			x30sec			x30sec			x30sec			x30sec	
Russian Twist		x30sec			x30 sec			x30sec			x30sec			x30sec			x30sec	
								x30sec			x30sec			x30sec			x30sec	

Indian Men's Tennis Summer Training

Phase 1

Day 2

	Week 1			Week 2			Week 3			Week 4			Week 5			Week 6		
Exercise	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Choose One:																		
Split Jump		3ea			3ea			3ea			3ea			3ea			3ea	
SL Box Jump		3ea			3ea			3ea			3ea			3ea			3ea	
								3ea			3ea			3ea			3ea	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Goblet Split Squat		5ea			5ea			5ea			5ea			5ea			5ea	
KB Split Squat		5ea			5ea			5ea			5ea			5ea			5ea	
Barbell Split Squat								5ea			5ea			5ea			5ea	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Goblet Lateral Lunge		8ea			8ea			8ea			8ea			8ea			10ea	
Banded Lateral Walk		8ea			8ea			8ea			8ea			8ea			10ea	
KB Lateral Lunge								8ea			8ea			8ea			10ea	
											8ea			8ea			10ea	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
DB Shoulder Press		5--8			5--8			5--8			5--8			5--8			5--8	
Machine Shoulder Press		5--8			5--8			5--8			5--8			5--8			5--8	
								5--8			5--8			5--8			5--8	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Chin Up		3--5			3--5			3--5			3--5			3--5			3--5	
Negative Chin Up (3 Sec)		3--5			3--5			3--5			3--5			3--5			3--5	
Chin Up Hold (5 sec)								3--5			3--5			3--5			3--5	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
DeadBug		x30sec			x30sec			x30sec			x30sec			x30sec			x30sec	
Sit Up		x30sec			x30sec			x30sec			x30sec			x30sec			x30sec	
								x30sec			x30sec			x30sec			x30sec	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Superman Hold		x30sec			x30 sec			x30sec			x30sec			x30sec			x30sec	
Reverse Plank		x30sec			x30 sec			x30sec			x30sec			x30sec			x30sec	
								x30sec			x30sec			x30sec			x30sec	

Indiana Men's Tennis Summer Training

Phase 2

Day 2

Exercise	Week 1			Week 2			Week 3			Week 4			Week 5			Week 6		
	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Choose One:																		
DB Split Jump		6			6			6			6			6			6	
DB Squat Jump		6			6			6			6			6			6	
(Hold DB ea hand)		6			6			6			6			6			6	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
RFE Goblet Split Squat		6ea			6ea			6ea			5ea			5ea			5ea	
FFE Goblet Split Squat		6ea			6ea			6ea			5ea			5ea			5ea	
Goblet Push Back Lunge		6ea			6ea			6ea			5ea			5ea			5ea	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
SL DB RDL		10ea			10ea			10ea			8ea			8ea			8ea	
SL DB Glute Bridge		10ea			10ea			10ea			8ea			8ea			8ea	
SL Leg Curl		10ea			10ea			10ea			8ea			8ea			8ea	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
PUSH UP		5--10			5--10			5--10			6--12			6--12			6--12	
PUSH UP w/ 5 sec Eccentric		5--10			5--10			5--10			6--12			6--12			6--12	
PUSH UP w/ 3 sec hold in bottom		5--10			5--10			5--10			6--12			6--12			6--12	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Machine Row		12			12			12			10			10			10	
DB Row		12			12			12			10			10			10	
Cable Row		12			12			12			10			10			10	
Exercise:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
LUNGE ISO Hold		x30 sec ea			x30 sec ea			x30 sec ea			x45 sec ea			x45 sec ea			x45 sec ea	
Body Weight or Weighted		x30 sec ea			x30 sec ea			x30 sec ea			x45 sec ea			x45 sec ea			x45 sec ea	
Exercise:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
ISO SL GLUTE BRDIGE HOLD		x30 sec ea			x30 sec ea			x30 sec ea			x45 sec ea			x45 sec ea			x45 sec ea	
		x30 sec ea			x30 sec ea			x30 sec ea			x45 sec ea			x45 sec ea			x45 sec ea	

Cardiovascular Training:

Running Workouts

400's (On Track)

Exercise:	Interval: Work/Rest
400m Sprintx4	1:15/2:30
Rest 3:00 Mins	
400m Sprintx3	1:15/2:30
Rest 3:00 Mins	
400m Spintx2	1:15/2:30

300/200/100

(On Football Field)

Exercise:	Interval: Work/Rest
300 Yard Sprint x3	1:10/2:20
Rest 2:00min	
200 Yard Sprintx5	50sec/1:40
Rest 2:00 min	
100 Yard Sprintx7	15sec/45sec

Half Gassers

(On Football Field)

Exercise:	Interval: Work/Rest
Half Gassers x8	15sec/45secs
Rest 2:00min	
Half Gassers x8	15sec/45secs

Tempo Run #1

(Trail Run/On Road)

Exercise:	Time:
Hard Run	x2:00 mins
Moderate Jog	x3:00 mins
Repeat Interval x4 Rounds	

Tempo Run #2

(Trail Run/On Road)

Exercise:	Time:
Hard Run	x1:30
Moderate Jog	x1:30
Repeat Interval x7 Rounds	

Tempo Run #3

(Trail Run/ On Road)

Exercise:	Time:
Hard Run	x30 secs
Moderate Jog	x45 secs
Hard Run	x30 secs
Moderate Jog	x30 secs
Hard Run	x30 secs
Moderate Jog	x15 secs
Repeat Interval x7 Rounds	

Bike Workouts

Tempo Work #1 (Moderate Resistance)

Exercise:	Time:
Hard Spin	x2:00 mins
Moderate Spin	x3:00 mins
Repeat Interval x6 Rounds	

Tempo Work #2 (Moderate Resistance)

Exercise:	Time:
Hard Spin	x1:30
Moderate Spin	x1:30
Repeat Interval x8 Rounds	

Tempo Work #3 (Moderate Resistance)

Exercise:	Time:
Hard Spin	x30 secs
Moderate Spin	x45 secs
Hard Spin	x30 secs
Moderate Spin	x30 secs
Hard Spin	x30 secs
Moderate Spin	x15 secs
Repeat Interval x7 Rounds	

Timed Ride (Moderate Resistance)

Spin MAX DISTANCE	x20 Mins
-------------------	----------

Power Work #1

Exercise:	Time:
HARD SPIN (Hard Resistance)	x15 sec
EASY SPIN (Easy Resistance)	45 secs
Repeat x5	
EASY SPIN (Easy Resistance) X5 MINS	
X3 ROUNDS	

Power Work #2

Exercise:	Time:
HARD SPIN (Moderate-Hard Resistance)	x30 sec
EASY SPIN (Easy-Moderate Resistance)	x30 sec
x6 Rounds	
EASY SPIN (Easy Resistance) x3 Mins	
x 3-4 Rounds	

Metabolic Circuit #1 Phase: 1

Exercise:	Reps/Distance
Run or Bike	x 1 Mile
Squat Jumps	x15
Squat Hold (In Bottom)	x1 Min
Mtn. Climber	x20 Reps
Suitcases	x12

Metabolic Circuit #2 Phase: 2

Exercise:	Reps/Distance
Run or Bike	x 1/2 Mile
Walking Lunge	x8ea
Wall Sit	x45 secs
Crunches	x20
Supermans	x12

JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Phase 1: Day 1	Cardio: 20 Min Timed Run	Phase 1: Day 2	OFF	OFF	
7	8	9	10	11	12	13
	Phase 1: Day 1	Cardio: 20 Min Timed Run	Phase 1: Day 2	OFF	OFF	
14	15	16	17	18	19	20
	Phase 1: Day 1	Cardio: See Sheet	Phase 1: Day 2	Circuit Phase 1	OFF	
21	22	23	24	25	26	27
	Phase 1: Day 1	Cardio: See Sheet	Phase 1: Day 2	Circuit Phase 1	OFF	
28	29	30				
	Phase 1: Day 1	Cardio: See Sheet				

JULY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Phase 1: Day 2	Circuit Phase 1	OFF	
5	6	7	8	9	10	11
	Phase 1: Day 1	Cardio: See Sheet	Phase 1: Day 2	Circuit Phase 1	OFF	
12	13	14	15	16	17	18
	Phase 2: Day 1	Cardio: See Sheet	Phase 2: Day 2	Circuit: Phase 2	OFF	
19	20	21	22	23	24	25
	Phase 2: Day 1	Cardio: See Sheet	Phase 2: Day 2	Circuit: Phase 2	OFF	
26	27	28	29	30	31	
	Phase 2: Day 1	Cardio: See Sheet	Phase 2: Day 2	Circuit: Phase 2	OFF	

AUGUST 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	Phase 2: Day 1	Cardio: See Sheet	Phase 2: Day 2	Circuit: Phase 2	OFF	
9	10	11	12	13	14	15
	Phase 2: Day 1	Cardio: See Sheet	Phase 2: Day 2	Circuit: Phase 2	OFF	
16	17	18	19	20	21	22
	Phase 2: Day 1	Cardio: See Sheet	Phase 2: Day 2	Circuit: Phase 2	OFF	
23	24	25	26	27	28	29
30	31					