

MONTH	January				February				March				April				May				MONTH															
WEEK	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	WEEK														
MONDAY - SATURDAY	8-13	15-20	22-27	29-2	5-10	12-17	19-24	26-2	5-10	12-17	19-24	26-31	2-7	9-14	16-21	23-28	30-5	7-12	14-19	21-26	28-2	MONDAY - SATURDAY														
NUMBER OF TRAINING DAYS	128	134	140	146	152	158	164	170	176	182	188	194	200	206	212	218	224	230	236	242	248	NUMBER OF TRAINING DAYS														
TENNIS TESTING																						TENNIS TESTING														
EVENTS		COLLEGE FORMAT CRAFT						DELAY OPEN				MIAMI OPEN										EVENTS														
COMPETITION	INTERNAL	G.P	COLLEGE FORMAT	CHALLENGE MATCHES 3 OUT 5	DOUBLES ROUND ROBIN	CHALLENGE MATCHES 3 OUT 5	G.P	COLLEGE FORMAT	CHALLENGE MATCHES 3 OUT 5	G.P	METRICS	COLLEGE FORMAT	G.P DOUBLES	METRICS	CHALLENGE MATCHES 3 OUT 5	G.P	COLLEGE FORMAT FINALS	MASTERS	VACA CHAMPIONSHIPS	RING RING CHAMPIONSHIPS	OLYMPICS CHAMPIONSHIPS	INTERNAL														
	USTA 12'S - 14'S			BOCA RATON 7	DELRAY BEACH 5	ORLANDO 6					PALM BEACH 4											USTA 12'S - 14'S														
	USTA 16'S - 18'S			BOYNTON BEACH 7	DELRAY BEACH 6	ORLANDO 6					BOCA RATON 6											USTA 16'S - 18'S														
	ITF 4 - 5							GUA 4	SAL 4		PAN 4	PUR 4			TRI 4	GUA 5 BAR 6	MAR 5	USA 4	USA 4	USA 4		ITF 4 - 5														
	ITF 3 - 2									CRC 3	ARG 3										ITA 1	ITA 1	ITF 3 - 2													
ITF 1 - A - GB		CRC 1	COL 1	ECU 1		PAR 1	BRA 1	BRA A				USA B1	USA 1									ITF 1 - A - GB														
PRO TOURNAMENTS																						PRO TOURNAMENTS														
MONEY TOURNAMENTS																						MONEY TOURNAMENTS														
TRAINING PHASE MESO-CYCLE	ADAPTATION	DEVELOPMENTAL				TOTAL PREPARATION				HIGHER POSSIBLE PERFORMANCE				BACK TO BASICS				TRAINING PHASE MESO-CYCLE																		
MICRO CYCLE	ACCLIMATIZATION	TECHNICAL				PRE-COMPETITION				COMPETITION				TECHNICAL				PRE-COMPETITION				COMPETITION				MAINTENANCE										
	CONSISTENCY	CONSISTENCY	PLACEMENT	RACKET HEAD SPEED	LOWER BODY POWER				RECOVERY EFFORT				ATTITUDE EVALUATION				LINKING GAME TACTICS WITH SKILL DEVELOPMENT				EFFORT				ATTITUDE				INCREASE MIND BODY AWARENESS							
	DAY OF THE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKEND				AM				7:30 - 7:40 WARM UP				7:40 - 8:10 CONSISTENCY				PM				1:30 - 1:40 WARM UP				1:40 - 2:00 SERVICE			
	VOLUME AND INTENSITY	REST	HIGH MODERATE	MODERATE	HIGH MODERATE	LOW VOLUME TAPER HIGH INTENSITY	WEEKEND				8:10 - 8:40 2 AND 1				8:40 - 6:10 SPECIFIC				2:00 - 3:30 POINT DEVELOPMENT																	
TRAINING	TOTAL REST OR EASY HIT	TECHNICAL SKILLS TWO SETS	TECHNICAL SKILLS POINTS	TECHNICAL SKILLS DOUBLES	TECHNICAL SKILLS ONE SET	COMPETITION				9:10 - 9:20 LOADED RACKETS				9:20 - 9:30 RACKETS PUT AWAY																						
TYPE OF COURT SURFACE	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	CLAY	CLAY	CLAY	CLAY	CLAY	TYPE OF COURT SURFACE														
PEAKING FROM 1 TO 10	5	5	6	6	7	7	8	8	8	9	9	9	7	7	7	8	9	9	10	7	6	6	PEAKING FROM 1 TO 10													
OVERALL POTENTIAL STRESS	5	9	10	10	6	6	9	10	7	9	7	10	6	6	9	9	10	10	5	5	5	OVERALL POTENTIAL STRESS														
MOVING MECHANICS	ADJUSTMENT STEPS	COORDINATION	LOADING	HP SHOULDER SEPARATION	POWER AND AGILITY				REVIEW	RECOVERY STEP	RECOVERY AFTER SERVE	RECOVERY AFTER RETURN	FORWARD TRANSITION	NEUTRAL TRANSITION	DEFENSIVE TRANSITION	STOPPING TECHNIQUE	STOPPING TECHNIQUE	REACTION QUICKNESS	REACTION QUICKNESS	AGILITY				MOVING MECHANICS												
RACKET SKILLS	PROPER DISTANCE	FOREHAND	BACKHAND	PUT AWAY FOREHAND	VOLLEY	OVERHEAD	SERVE	SECOND SERVE	RETURN	SERVE AND FIRST BALL	RETURN AND FIRST BALL	APPROACH SHOTS	ANGLES	DEFENSIVE TOPSPIN	DEFENSIVE TO OFFENSE	DEFENSE	OPEN THE COURT	EARLY PERPARATION	EARLY PERPARATION	NO EXTRA MOTIONS	SIMPLY THE SWING	KEEP IT SIMPLE	RACKET SKILLS													
TACTICAL	CONSISTENCY	CONSISTENCY	BALL CONTROL	WEAPON	BALL CONTROL	PUT AWAY	POWER	PLACEMENT	ATTACK RETURN	SERVE OPPONENT	AGGRESSIVE CONTROL	APPROACH VOLLEY	OPEN THE COURT	DEFENSIVE TO OFFENSE	DEFENSE	OPEN THE COURT	ANTICIPATION	HIT EARLY	SOLVE PROBLEMS AND MAKE DECISIONS WHILE PLAYING				TACTICAL													
STRATEGY	STYLE OF PLAY		RECOGNIZING STRENGTHS AND WEAKNESSES				AGASSI GROUNDING POINTS				PLAN	PLAN	ROUTES BEFORE AND AFTER PREPARATION - KNOWING THE OPPONENT PLAN BEFORE EVERY MATCH				PLAN EXECUTION EVALUATION	5 ZONES	CONTROL TEMP	AWARENESS OF OPPONENT WEAKNESS	AWARENESS OF OPPONENT WEAPONS	IMPOSING STYLE OF PLAY	ROUTES BEFORE AND AFTER PREPARATION KNOWING OPPONENT PLAN BEFORE EVERY MATCH				TACTICAL DECISIONS	STRATEGY								
TENNIS SPECIFIC	AEROBIC CAPACITY	5 DAYS	5 DAYS	5 DAYS	5 DAYS	241 B. LINE	5 DAYS	241 B. LINE	5 DAYS	241 B. LINE	5 DAYS	241 B. LINE	1 X WEEK										AEROBIC CAPACITY													
	AEROBIC POWER																						AEROBIC POWER													
	ANAEROBIC CAPACITY																						ANAEROBIC CAPACITY													
	POWER																						POWER													
	LOADED RACKETS	2 X WEEK	2 X WEEK	2 X WEEK	2 X WEEK	3 X WEEK	3 X WEEK	2 X WEEK	2 X WEEK	2 X WEEK	2 X WEEK	2 X WEEK	3 X WEEK	3 X WEEK	3 X WEEK	3 X WEEK	3 X WEEK	2 X WEEK	2 X WEEK	2 X WEEK	2 X WEEK	2 X WEEK	LOADED RACKETS													
EXPLOSIVE REACTIVE	KAMIKAZE 2 X WEEK	KAMIKAZE 2 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	KAMIKAZE 3 X WEEK	EXPLOSIVE REACTIVE														
COORDINATION	LADDERS	CONES	KRISTY	HITTING TWO BALLS AT A TIME	OVERHEAD 1ST BOUNCING 2ND TOUCHES	OVERHEAD 2ND BOUNCING 2ND TOUCHES	OVERHEAD 3RD BOUNCING 2ND TOUCHES	OVERHEAD 4TH BOUNCING 2ND TOUCHES	OVERHEAD 5TH BOUNCING 2ND TOUCHES	OVERHEAD 6TH BOUNCING 2ND TOUCHES	OVERHEAD 7TH BOUNCING 2ND TOUCHES	OVERHEAD 8TH BOUNCING 2ND TOUCHES	OVERHEAD 9TH BOUNCING 2ND TOUCHES	OVERHEAD 10TH BOUNCING 2ND TOUCHES	OVERHEAD 11TH BOUNCING 2ND TOUCHES	OVERHEAD 12TH BOUNCING 2ND TOUCHES	OVERHEAD 13TH BOUNCING 2ND TOUCHES	OVERHEAD 14TH BOUNCING 2ND TOUCHES	OVERHEAD 15TH BOUNCING 2ND TOUCHES	OVERHEAD 16TH BOUNCING 2ND TOUCHES	OVERHEAD 17TH BOUNCING 2ND TOUCHES	COORDINATION														
PROPOSE TECHNICAL DRILLS	HALF COURT USING TARGETS	HAND FED WINDUP LADDERS AND CONES	LOADING BACKHAND DRILLS USING BASKET BALLS	HAND FED LOW BALLS	PROGRESSION VOLLEY DRILLS	OVERHEAD 1ST BOUNCING 2ND TOUCHES	OVERHEAD 2ND BOUNCING 2ND TOUCHES	OVERHEAD 3RD BOUNCING 2ND TOUCHES	OVERHEAD 4TH BOUNCING 2ND TOUCHES	OVERHEAD 5TH BOUNCING 2ND TOUCHES	OVERHEAD 6TH BOUNCING 2ND TOUCHES	OVERHEAD 7TH BOUNCING 2ND TOUCHES	OVERHEAD 8TH BOUNCING 2ND TOUCHES	OVERHEAD 9TH BOUNCING 2ND TOUCHES	OVERHEAD 10TH BOUNCING 2ND TOUCHES	OVERHEAD 11TH BOUNCING 2ND TOUCHES	OVERHEAD 12TH BOUNCING 2ND TOUCHES	OVERHEAD 13TH BOUNCING 2ND TOUCHES	OVERHEAD 14TH BOUNCING 2ND TOUCHES	OVERHEAD 15TH BOUNCING 2ND TOUCHES	OVERHEAD 16TH BOUNCING 2ND TOUCHES	PROPOSE TECHNICAL DRILLS														
PROPOSE TACTICAL DRILLS	BARBERS WORK ON DEPTH	HEAVY TOPSPIN ANGLES	CHANGES OF DIRECTION	4 SQUARES POINT SERVO ATTACK MOVEMENT	FIND INDIVIDUAL BALLY SPEED	BALL CANT BOUNCE	SERVE AND FIRST BALL TO OPEN COURT	SECOND SERVE'S FIRST BALL	POINTS STARTS DEEP HIGH BALLS	OUTSIDE COURT DEFEND TO CENTER	ATTACK WITH POWER	SERVE / FINISH IN 3 SHOTS	SERVE + VOLLEY CHIP + CHANGE	WHERE TO RECOVER FROM OFFENSE AND DEFENSE	START THE POINT AFTER SMALL RALLY	B-HAND SLIDE DEFENSE C.C.	BACKHAND CHANGE FACE USING SLACK	4 SQUARE GAME STARTING WITH ANGLES	WINNERS VS. ERRORS	GAMER BASED ON: 1. AGILITY (MOVEMENT) 2. TACTICAL DISPOSITIONS 3. TACTICAL (DECISION MAKING) 4. USING REWARD SYSTEM				PROPOSE TACTICAL DRILLS												
PROPOSE STRATEGY WORK	QUIT UNFOCUSED ERRORS	HITTING NO MORE THAN ONE BACKHAND DURING POINT	NO MORE THAN 20 HARDS	# HAND WINNER FROM JONES'S SPIN	MAXIMUM 8 BALLS SET	3 OUT 5 SETS FIRST TO 30 WIN GAME	SERVER FIRST 3 OPPORTUNITIES	SERVE WITH ONLY ONE SERVE	ANTICIPATE AND ATTACK IN RETURN	ATTACK WITH SPRING + HEIGHTS	2ND SERVE RETURN FINISH IN 2 SHOTS	SERVER'S SHOTS FINISHING AT THE NET										PROPOSE STRATEGY WORK														
TRAINING LOAD	VOLUME	INTENSITY	PERFORMANCE																			TRAINING LOAD														

COMPETITION PHASE

