

Week 1 - Fitness Testing, Assessment

Day 1							
Time	Activity	Length	Intensity	Load	Reps	Sets	Rest
Morning	Medical examination						
Midday	Motivation						
	Talk from prof. athlete	2hrs					
	Goal setting						
	Influences						
Afternoon	WARM-UP #3						
	Skills assessment session	1hr					
	Matches						
	COOL-DOWN #3						

Day 2							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
Morning	WARM-UP #5						
	Fitness testing						
	Beep test	Max					
	Pushup test				Max		
	Situp test				Max		
	COOL-DOWN #4						
Midday	Psychology						
	Aptitude test	0.5hrs					
	Susceptibility to anxiety						
	WARM-UP #5						
	Fitness testing						
	Standing long jump	Max					
	Sit & reach	Max					
	COOL-DOWN #4						
Afternoon	WARM-UP #4						
	Matches						
	COOL-DOWN #3						

Day 3							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
Morning	Nutrition						
	Assessment	0.5hrs					
	Education	2.5hrs					
Midday	Psychology						
	Goal setting session						
Afternoon	WARM-UP #3						
	Skills assessment						
	Court movement						
	Anticipation						
	Shot play						
	Shot selection						
	COOL-DOWN #3						

Day 4								
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest	
<i>Morning</i>	WARM-UP #2							
	<u>Strength testing</u>							
	Leg press			1.5x body mass	1-RM	1		
	Bench press			1x body mass	1-RM	1		
	<i>Muscle Balance</i>							
	Leg extension			1-RM	1	1		
	Leg curl			1-RM	1	1		
	Left leg press			1-RM	1	1		
	Right leg press			1-RM	1	1		
	Left leg extension			1-RM	1	1		
	Right leg extension			1-RM	1	1		
	Left arm abduction			1-RM	1	1		
	Right arm abduction			1-RM	1	1		
	Left arm curl			1-RM	1	1		
	Right arm curl			1-RM	1	1		
		COOL-DOWN #2						
	<i>Midday</i>	Psychology						
Aptitude test		0.5hrs						
Video session								
Self analysis		0.5hrs						
<i>Afternoon</i>	WARM-UP #4							
	<u>Match analysis</u>							
	COOL-DOWN #3							

Day 5							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	WARM-UP #1						
	<u>Endurance</u>						
	Cycling with short sprints	20Km	65-90%				
	COOL-DOWN #1						
<i>Midday</i>	<u>Relaxation</u>						
	Controlled breathing						
	Controlling anxiety						
<i>Afternoon</i>	WARM-UP #4						
	<u>Matches</u>						
	COOL-DOWN #3						

Day 6							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<u>Flexibility</u>						
	Stretching session	1hr					
	<i>Static stretching</i>						
	<i>Ballistic stretching</i>						
	<i>PNF stretching</i>						
<i>Midday</i>	<u>Psychology</u>						
	Motivation						
<i>Afternoon</i>	<u>Massage</u>	0.5hrs					

Day 7							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<u>Flexibility</u>						
	Stretching session	1hr					
	<i>Static</i>						
	<i>Ballistic</i>						
	<i>PNF</i>						
<i>Midday</i>	<u>Psychology</u>						
	Mental rehearsal						
	Visualisation						
<i>Afternoon</i>	<u>Massage</u>	0.5hrs					