

**Week 2 - Commencement of general training phase**

<b>Day 1</b>							
<b>Time</b>	<b>Activity</b>	<b>Duration</b>	<b>Intensity</b>	<b>Load</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<i>Morning</i>	<b>WARM-UP #1</b>						
	<u>Endurance</u>						
	Continuous training						
	<i>Cycling</i>	25Km	70%				
	<b>COOL-DOWN #1</b>						
	<u>Flexibility</u>						
	Yoga	1hr					
	<i>Hamstring flexibility</i>						
	<i>Core flexibility</i>						
	<i>Back flexibility</i>						
	<i>Shoulder flexibility</i>						
<i>Quadricep flexibility</i>							
<i>Midday</i>	<b>WARM-UP #1</b>						
	<u>Resistance</u>						
	Bench press			30Kg	15	3	3mins
	Leg press			70Kg	15	3	3mins
	Upright rowing			25Kg	15	3	3mins
	Lat pull downs			40Kg	15	3	3mins
	Leg extension			40Kg	15	3	3mins
	Calf raise			20Kg	15	3	3mins
	Lunge matrix			2Kg		5	
	<b>COOL-DOWN #1</b>						
	<u>Psychology</u>						
<i>Video session</i>							
Self analysis	1hr						
<i>Afternoon</i>	<b>WARM-UP #3</b>						
	<u>On court - no ball</u>						
	Single shot movements						
	<i>Drives</i>		75%		30	6	1min
	Muscle memory movements		85-90%		10	2	2mins
	Lunges		85%		20	3	1min
	<u>On court - with ball</u>						
	<i>Drives</i>				25	2 (f/h & b/h)	
	<i>Volleys</i>				25	2 (f/h & b/h)	
	<i>Crosses</i>				25	2 (f/h & b/h)	
	<i>Lobs</i>				25	2 (f/h & b/h)	
	<i>Boasts</i>				25	2 (f/h & b/h)	
	<i>Drops</i>				25	2 (f/h & b/h)	
	<b>COOL-DOWN #3</b>						

<b>Day 2</b>							
<b>Time</b>	<b>Activity</b>	<b>Duration</b>	<b>Intensity</b>	<b>Load</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<i>Morning</i>	<b>WARM-UP #7</b>						
	<u>Endurance &amp; power</u>						
	Circuit - rest between activities					2	1mins
	<i>Agility course</i>	1.5mins	70%				
	<i>Cone jumps</i>	1.5mins	70%				
	<i>Box jumps</i>	1.5mins	70%				
	<i>Squats</i>		70%	50%-RM	20		

	<i>Bridging - left side</i>	1min					
	<i>Bridging - right side</i>	1min					
	<i>Bridging - front</i>	1min					
	<i>Back raises</i>		70%		20		
	<i>Shuttles</i>	2mins					
	<i>Tuck jumps</i>		70%		10		
	<i>Standing jumps</i>		70%		5		
	<i>Jump - Hop</i>		80%		15		
	<b>COOL-DOWN #6</b>						
	<u>Flexibility</u>						
	Stretching session	1hr					
	- Static stretching						
	- Ballistic stretching						
	- PNF stretching						
	<i>Hamstring flexibility</i>						
	<i>Core flexibility</i>						
	<i>Back flexibility</i>						
	<i>Shoulder flexibility</i>						
	<i>Quadri- ceps flexibility</i>						
<i>Midday</i>	<b>WARM-UP #3</b>						
	<u>On court - with ball</u>						
	Drive/cross - Boast/drop	20mins					
	Lob - Drive - Boast - Drop	20mins					
	Drive (attack on 'T')	20mins					
	<b>COOL-DOWN #3</b>						
<i>Afternoon</i>	<b>WARM-UP #4</b>						
	<u>Match</u>						
	Weaker opponent						
	<b>COOL-DOWN #3</b>						
	<u>Massage</u>	0.5hrs					

<b>Day 3</b>							
<b>Time</b>	<b>Activity</b>	<b>Duration</b>	<b>Intensity</b>	<b>Load</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<i>Morning</i>	<b>WARM-UP #1</b>						
	<u>Endurance</u>						
	Continuous training						
	<i>Cycling</i>	30mins	70%				
	<b>COOL-DOWN #1</b>						
	<u>Flexibility</u>						
	Yoga	1hr					
<i>Midday</i>	<b>WARM-UP #2</b>						
	<u>Resistance</u>						
	<b>COOL-DOWN #2</b>						
<i>Afternoon</i>	<b>WARM-UP #3</b>						
	<u>On court - no ball</u>						
	Single shot movements		75%				
	<i>Drives</i>		85-90%		30	6	1min
	Muscle memory movements		85%		10	2	2mins
	Lunges				20	3	1min
	<u>On court - with ball</u>						

	Drives				25	2 (f/h & b/h)	
	Volleys				25	2 (f/h & b/h)	
	Crosses				25	2 (f/h & b/h)	
	Lobs				25	2 (f/h & b/h)	
	Boasts				25	2 (f/h & b/h)	
	Drops				25	2 (f/h & b/h)	
	<b>COOL-DOWN #3</b>						

<b>Day 4</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<u>Flexibility</u>						
	Stretching session	1hr					
<i>Midday</i>	<b>WARM-UP #3</b>						
	<u>On court games</u>						
	Nick game	1st to 9				2 (f/h & b/h)	
	Drop game	1st to 9				2 (f/h & b/h)	
	Blind freddie	2mins				2	1min
	Dog & ball	2mins				2	1min
	<b>COOL-DOWN #3</b>						
<i>Afternoon</i>							

<b>Day 5</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<b>WARM-UP #8</b>						
	<u>Functional training</u>						
	Walking lunge						
	<i>Incorporate squash strokes</i>				5	3	
	Bridging						
	<i>Front</i>	0.5mins			2	1	
	<i>Left side</i>	0.5mins			2	1	
	<i>Right side</i>	0.5mins			2	1	
	Lower ab cycle				5	2 (r.h. & l.h.)	
	Supermans	0.5mins				2	
	Cobra	0.5mins			3	1	
	<b>COOL-DOWN #7</b>						
	<u>Flexibility</u>						
Yoga	1hr						
<i>Midday</i>	<b>WARM-UP #2</b>						
	<u>Resistance</u>						
	<b>COOL-DOWN #2</b>						
<i>Afternoon</i>	<b>WARM-UP #3</b>						
	<u>On court - no ball</u>						
	Single shot movements						
	<i>Drives</i>		75%		30	6	1mins
	Muscle memory movements		85-90%		10	2	2mins
	Lunges		85%		20	3	1mins
	<u>On court - with ball</u>						
	<i>Drives</i>				25	2 (f/h & b/h)	
<i>Volleys</i>				25	2 (f/h & b/h)		

	Crosses				25	2 (f/h & b/h)	
	Lobs				25	2 (f/h & b/h)	
	Boasts				25	2 (f/h & b/h)	
	Drops				25	2 (f/h & b/h)	
	<b>COOL-DOWN #3</b>						

<b>Day 6</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<b>WARM-UP #1</b>						
	<u>Endurance</u>						
	Interval training						
	<i>Hill runs</i>		70-90%		3	2	3mins
	<b>COOL-DOWN #1</b>						
	<u>Flexibility</u>						
	Stretching session	1hr					
<i>Midday</i>	<b>WARM-UP #3</b>						
	<u>On court - with ball</u>						
	Drive/cross - Boast/drop	20mins					
	Lob - Drive - Boast - Drop	20mins					
	Drive (attack on 'T')	20mins					
	<b>COOL-DOWN #3</b>						
<i>Afternoon</i>	<b>WARM-UP #4</b>						
	<u>Match</u>						
	Stronger opponent						
	<b>COOL-DOWN #3</b>						
	<u>Massage</u>	0.5hrs					

<b>Day 7</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<u>Flexibility</u>						
	Yoga	1hr					
	<i>Hamstring flexibility</i>						
	<i>Core flexibility</i>						
	<i>Back flexibility</i>						
	<i>Shoulder flexibility</i>						
	<i>Quadri-cep flexibility</i>						
<i>Midday</i>	<b>WARM-UP #2</b>						
	<u>Resistance</u>						
	<b>COOL-DOWN #2</b>						
	<u>Psychology</u>						
	Video session						
	<i>Self analysis</i>	0.5hrs					
<i>Afternoon</i>	<u>Massage</u>	0.5hrs					

**Week 3 - General training phase**

<b>Day 1</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<b>WARM-UP #1</b>						
	<u>Endurance</u>						
	Fartlek training						
	<i>Jogging - 10sec sprints</i>	15mins	70-100%			2	2mins
	<b>COOL-DOWN #1</b>						
	<u>Flexibility</u>						
	Stretching session	1hr					
	- Static stretching						
	- Ballistic stretching						
	- PNF stretching						
	<i>Hamstring flexibility</i>						
	<i>Core flexibility</i>						
	<i>Back flexibility</i>						
<i>Shoulder flexibility</i>							
<i>Quadri- ceps flexibility</i>							
<i>Midday</i>	<b>WARM-UP #3</b>						
	<u>On court - no ball</u>						
	Single shot movements		75%		30	6	
	Muscle memory movements		85-90%		10	2	
	Lunges		85%		20	3	
	<u>On court - with ball</u>						
	Drives				30	2 (f/h & b/h)	
	Volleys				30	2 (f/h & b/h)	
	Crosses				30	2 (f/h & b/h)	
	Lobs				30	2 (f/h & b/h)	
	Boasts				30	2 (f/h & b/h)	
	Drops				30	2 (f/h & b/h)	
	<b>COOL-DOWN #3</b>						
<i>Afternoon</i>	<b>WARM-UP #4</b>						
	<u>Match</u>						
	Weaker opponent						
	<b>COOL-DOWN #3</b>						
	<u>Massage</u>	0.5hrs					

<b>Day 2</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<b>WARM-UP #7</b>						
	<u>Endurance &amp; power</u>						
	Circuit - rest between activities					2	1mins
	<i>Agility course</i>	2mins	70%				
	<i>Cone jumps</i>	2mins	70%				
	<i>Box jumps</i>	2mins	70%				
	<i>Squats</i>		70%	50%-RM	25		
	<i>Bridging - left side</i>	1.5mins					
	<i>Bridging - right side</i>	1.5mins					
	<i>Bridging - front</i>	1.5mins					
	<i>Back raises</i>		70%		25		
	<i>Shuttles</i>	2mins					
	<i>Tuck jumps</i>		70%		15		

	<i>Standing jumps</i>		70%		7		
	<i>Jump - Hop</i>		80%		20		
	<b>COOL-DOWN #6</b>						
	<u>Flexibility</u>						
	<i>Yoga</i>	1hr					
	<i>Hamstring flexibility</i>						
	<i>Core flexibility</i>						
	<i>Back flexibility</i>						
	<i>Shoulder flexibility</i>						
	<i>Quadri- ceps flexibility</i>						
<i>Midday</i>	<b>WARM-UP #2</b>						
	<u>Resistance</u>						
	<i>Bench press</i>			25Kg	15	4	3mins
	<i>Leg press</i>			65Kg	15	4	3mins
	<i>Upright rowing</i>			20Kg	15	4	3mins
	<i>Lat pull downs</i>			35Kg	15	4	3mins
	<i>Leg extension</i>			35Kg	15	4	3mins
	<i>Calf raise</i>			15Kg	15	4	3mins
	<i>Lunge matrix</i>			1.5Kg		7	
	<b>COOL-DOWN #2</b>						
<i>Afternoon</i>	<b>WARM-UP #3</b>						
	<u>On court - with ball</u>						
	<i>Drive - Boast - Drop</i>	20mins					
	<i>1/4 court</i>	20mins					
	<i>Drive (attack on 'T')</i>	20mins					
	<b>COOL-DOWN #3</b>						

<b>Day 3</b>							
<b>Time</b>	<b>Activity</b>	<b>Duration</b>	<b>Intensity</b>	<b>Load</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<i>Morning</i>	<b>WARM-UP #1</b>						
	<u>Endurance</u>						
	<i>Fartlek training</i>						
	<i>Jogging - 10sec sprint</i>	15mins	70-100%			2	2mins
	<b>COOL-DOWN #1</b>						
	<u>Flexibility</u>						
	<i>Stretching session</i>	1hr					
<i>Midday</i>	<b>WARM-UP #3</b>						
	<u>On court - no ball</u>						
	<i>Single shot movements</i>						
	<i>Drops</i>		75%		30	6	1min
	<i>Muscle memory movements</i>		85-90%		10	2	2mins
	<i>Lunges</i>		85%		20	3	1min
	<u>On court - with ball</u>						
	<i>Drives</i>				30	2 (f/h & b/h)	
	<i>Volleys</i>				30	2 (f/h & b/h)	
	<i>Crosses</i>				30	2 (f/h & b/h)	
	<i>Lobs</i>				30	2 (f/h & b/h)	
	<i>Boasts</i>				30	2 (f/h & b/h)	
	<i>Drops</i>				30	2 (f/h & b/h)	
	<b>COOL-DOWN #3</b>						

<i>Afternoon</i>	<b>WARM-UP #4</b>						
	<u>Match</u>						
	Weaker opponent						
	<b>COOL-DOWN #3</b>						
	<u>Massage</u>	0.5hrs					

<b>Day 4</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<u>Flexibility</u>						
	Yoga	1hr					
<i>Midday</i>	<b>WARM-UP #2</b>						
	<u>Resistance</u>						
	<b>COOL-DOWN #2</b>						
<i>Afternoon</i>							

<b>Day 5</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<b>WARM-UP #8</b>						
	<u>Functional training</u>						
	Walking lunge						
	<i>Incorporate squash strokes</i>				10	2	
	Bridging						
	<i>Front</i>	1min			2	1	
	<i>Left side</i>	1min			2	1	
	<i>Right side</i>	1min			2	1	
	Lower ab cycle				7	2 (r.h. & l.h.)	
	Supermans	1min				2	
	Cobra	1min			3	1	
	<b>COOL-DOWN #7</b>						
	<u>Flexibility</u>						
	Stretching session	1hr					
<i>Midday</i>	<b>WARM-UP #3</b>						
	<u>On court - with ball</u>						
	Drive - Boast - Drop	20mins					
	1/4 court	20mins					
	Drive (attack on 'T')	20mins					
	<b>COOL-DOWN #3</b>						
<i>Afternoon</i>	<b>WARM-UP #4</b>						
	<u>Match</u>						
	Stronger opponent						
	<b>COOL-DOWN #3</b>						
	<u>Massage</u>	0.5hrs					

<b>Day 6</b>							
<b>Time</b>	<b>Activity</b>	<b>Duration</b>	<b>Intensity</b>	<b>Load</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<i>Morning</i>	<b>WARM-UP #1</b>						
	<u>Endurance</u>						
	Interval training						
	<i>Hill runs</i>		70-90%		5	2	3mins
	<b>COOL-DOWN #1</b>						
	<u>Flexibility</u>						
	Yoga	1hr					
<i>Midday</i>	<b>WARM-UP #2</b>						
	<u>Resistance</u>						
	<b>COOL-DOWN #2</b>						
<i>Afternoon</i>	<b>WARM-UP #3</b>						
	<u>On court - no ball</u>						
	Single shot movements						
	<i>Drops</i>		75%		30	6	1min
	Muscle memory movements		85-90%		10	2	2mins
	Lunges		85%		20	3	1min
	<u>On court - with ball</u>						
	Drives				30	2 (f/h & b/h)	
	Volleys				30	2 (f/h & b/h)	
	Crosses				30	2 (f/h & b/h)	
	Lobs				30	2 (f/h & b/h)	
	Boasts				30	2 (f/h & b/h)	
	Drops				30	2 (f/h & b/h)	
	<b>COOL-DOWN #3</b>						

<b>Day 7</b>							
<b>Time</b>	<b>Activity</b>	<b>Duration</b>	<b>Intensity</b>	<b>Load</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<i>Morning</i>	<u>Flexibility</u>						
	Stretching session	1hr					
	- Static stretching						
	- Ballistic stretching						
	- PNF stretching						
<i>Midday</i>	<u>Psychology</u>						
	Video session						
	<i>Self analysis</i>	0.5hrs					
<i>Afternoon</i>	<u>Massage</u>	0.5hrs					

**Week 4 - General training phase**

<b>Day 1</b>							
<b>Time</b>	<b>Activity</b>	<b>Duration</b>	<b>Intensity</b>	<b>Load</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<i>Morning</i>	<b>WARM-UP #1</b>						
	<u>Endurance</u>						
	Continuous training						
	<i>Cycling</i>	40Km	70%				
	<b>COOL-DOWN #1</b>						
	<u>Flexibility</u>						
	Yoga	1hr					
	<i>Hamstring flexibility</i>						
	<i>Core flexibility</i>						
	<i>Back flexibility</i>						
<i>Shoulder flexibility</i>							
<i>Quadricep flexibility</i>							
<i>Midday</i>	<b>WARM-UP #2</b>						
	<u>Resistance</u>						
	Bench press			35Kg	15	3	3mins
	Leg press			75Kg	15	3	3mins
	Upright rowing			30Kg	15	3	3mins
	Lat pull downs			45Kg	15	3	3mins
	Leg extension			45Kg	15	3	3mins
	Calf raise			25Kg	15	3	3mins
	Lunge matrix			2.5Kg		5	
	<b>COOL-DOWN #2</b>						
<i>Afternoon</i>	<b>WARM-UP #3</b>						
	<u>On court - no ball</u>						
	Single shot movements						
	<i>Crosses</i>		75%		30	6	1min
	Muscle memory movements		85-90%		10	2	2mins
	<i>Lunges</i>		85%		20	3	1min
	<u>On court - with ball</u>						
	<i>Drives</i>				35	2 (f/h & b/h)	
	<i>Volleys</i>				35	2 (f/h & b/h)	
	<i>Crosses</i>				35	2 (f/h & b/h)	
	<i>Lobs</i>				35	2 (f/h & b/h)	
	<i>Boasts</i>				35	2 (f/h & b/h)	
	<i>Drops</i>				35	2 (f/h & b/h)	
<b>COOL-DOWN #3</b>							

<b>Day 2</b>							
<b>Time</b>	<b>Activity</b>	<b>Duration</b>	<b>Intensity</b>	<b>Load</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<i>Morning</i>	<b>WARM-UP #1</b>						
	<u>Endurance &amp; power</u>						
	Circuit - rest between activities					2	1mins
	<i>Agility course</i>	2.5mins	70%				
	<i>Cone jumps</i>	2.5mins	70%				
	<i>Box jumps</i>	2.5mins	70%				
	<i>Squats</i>		70%	50%-RM	30		
	<i>Bridging - left side</i>	2mins					
	<i>Bridging - right side</i>	2mins					
	<i>Bridging - front</i>	2mins					

	<i>Back raises</i>		70%		30		
	<i>Shuttles</i>	2.5mins					
	<i>Tuck jumps</i>		70%		20		
	<i>Standing jumps</i>		70%		10		
	<i>Jump - Hop</i>		80%		25		
	<b>COOL-DOWN #1</b>						
	<i>Flexibility</i>						
	<i>Stretching session</i>	1hr					
	- Static stretching						
	- Ballistic stretching						
	- PNF stretching						
	<i>Hamstring flexibility</i>						
	<i>Core flexibility</i>						
	<i>Back flexibility</i>						
	<i>Shoulder flexibility</i>						
	<i>Quadricep flexibility</i>						
<i>Midday</i>	<b>WARM-UP #3</b>						
	<i>On court - with ball</i>						
	<i>Drive/cross - Boast/drop</i>	20mins					
	<i>Lob - Drive - Boast - Drop</i>	20mins					
	<i>Drive (attack on 'T')</i>	20mins			2	2 (f/h & b/h)	
	<b>COOL-DOWN #3</b>						
<i>Afternoon</i>	<b>WARM-UP #4</b>						
	<i>Match</i>						
	<i>Weaker opponent</i>						
	<b>COOL-DOWN #3</b>						
	<i>Massage</i>	0.5hrs					

<b>Day 3</b>							
<b>Time</b>	<b>Activity</b>	<b>Duration</b>	<b>Intensity</b>	<b>Load</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<i>Morning</i>	<b>WARM-UP #1</b>						
	<i>Endurance</i>						
	<i>Continuous training</i>						
	<i>Cycling</i>	30mins	80%				
	<b>COOL-DOWN #1</b>						
	<i>Flexibility</i>						
	<i>Yoga</i>	1hr					
<i>Midday</i>	<b>WARM-UP #2</b>						
	<i>Resistance</i>						
	<b>COOL-DOWN #2</b>						
<i>Afternoon</i>	<b>WARM-UP #3</b>						
	<i>On court - no ball</i>						
	<i>Single shot movements</i>						
	<i>Crosses</i>		75%		30	6	1min
	<i>Muscle memory movements</i>		85-90%		10	2	2mins
	<i>Lunges</i>		85%		20	3	1min
	<i>On court - with ball</i>						
	<i>Drives</i>				35	2 (f/h & b/h)	
	<i>Volleys</i>				35	2 (f/h & b/h)	
	<i>Crosses</i>				35	2 (f/h & b/h)	

	Lobs				35	2 (f/h & b/h)	
	Boasts				35	2 (f/h & b/h)	
	Drops				35	2 (f/h & b/h)	
	<b>COOL-DOWN #3</b>						

<b>Day 4</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<u>Flexibility</u>						
	Stretching session	1hr					
<i>Midday</i>	<b>WARM-UP #3</b>						
	<u>On court games</u>						
	Nick game	1st to 9				2 (f/h & b/h)	
	Drop game	1st to 9				2 (f/h & b/h)	
	Blind freddie	2mins				2	1min
	Dog & ball	2mins				2	1min
	<b>COOL-DOWN #3</b>						
<i>Afternoon</i>	<u>Massage</u>	0.5hrs					

<b>Day 5</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<b>WARM-UP #8</b>						
	<u>Functional training</u>						
	Walking lunge						
	<i>Incorporate squash strokes</i>				10	3	
	Bridging						
	<i>Front</i>	1min				3	1
	<i>Left side</i>	1min				3	1
	<i>Right side</i>	1min				3	1
	Lower ab cycle					10	2 (r.h. & l.h.)
	Supermans	1min					3
	Cobra	1min				4	1
	<b>COOL-DOWN #7</b>						
	<u>Flexibility</u>						
Yoga	1hr						
<i>Midday</i>	<b>WARM-UP #2</b>						
	<u>Resistance</u>						
	<b>COOL-DOWN #2</b>						
<i>Afternoon</i>	<b>WARM-UP #3</b>						
	<u>On court - with ball</u>						
	Drive/cross - Boast/drop	20mins					
	Lob - Drive - Boast - Drop	20mins					
	Drive (attack on 'T')	20mins					
	<b>COOL-DOWN #3</b>						

<b>Day 6</b>							
<b>Time</b>	<b>Activity</b>	<b>Duration</b>	<b>Intensity</b>	<b>Load</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<i>Morning</i>	<b>WARM-UP #1</b>						
	<u>Endurance</u>						
	Interval training						
	<i>Hill runs</i>		70-90%		6	2	3mins
	<b>COOL-DOWN #1</b>						
	<u>Flexibility</u>						
	Stretching session	1hr					
<hr/>							
<i>Midday</i>	<b>WARM-UP #3</b>						
	<u>On court - no ball</u>						
	Single shot movements						
	<i>Crosses</i>		75%		30	6	1min
	Muscle memory movements		85-90%		10	2	2mins
	Lunges		85%		20	3	1min
	<u>On court - with ball</u>						
	Drives				35	2 (f/h & b/h)	
	Volleys				35	2 (f/h & b/h)	
	Crosses				35	2 (f/h & b/h)	
	Lobs				35	2 (f/h & b/h)	
	Boasts				35	2 (f/h & b/h)	
	Drops				35	2 (f/h & b/h)	
	<b>COOL-DOWN #3</b>						
<hr/>							
<i>Afternoon</i>	<b>WARM-UP #4</b>						
	<u>Match</u>						
	Stronger opponent						
	<b>COOL-DOWN #3</b>						
	<u>Massage</u>	0.5hrs					

<b>Day 7</b>							
<b>Time</b>	<b>Activity</b>	<b>Duration</b>	<b>Intensity</b>	<b>Load</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<i>Morning</i>	<u>Flexibility</u>						
	Yoga	1hr					
<hr/>							
<i>Midday</i>	<u>Psychology</u>						
	Video session						
	<i>Self analysis</i>	0.5hrs					
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<i>Afternoon</i>	<u>Massage</u>	0.5hrs					