

**Week 6 - Re-commencement of general training phase**

<b>Day 1</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<b>WARM-UP #1</b>						
	Endurance						
	Fartlek training						
	Jogging - 10sec sprint	15mins	70-100%			4	2mins
	<b>COOL-DOWN #1</b>						
	Flexibility						
	Yoga	1hr					
	Hamstring flexibility						
	Core flexibility						
	Back flexibility						
Shoulder flexibility							
Quadricep flexibility							
<i>Midday</i>	<b>WARM-UP #2</b>						
	Resistance						
	Bench press			45Kg	15	3	3mins
	Leg press			85Kg	15	3	3mins
	Upright rowing			40Kg	15	3	3mins
	Lat pull downs			55Kg	15	3	3mins
	Leg extension			55Kg	15	3	3mins
	Calf raise			35Kg	15	3	3mins
	Lunge matrix			3.5Kg		5	
	<b>COOL-DOWN #2</b>						
<i>Afternoon</i>	<b>WARM-UP #3</b>						
	On court - no ball						
	Single shot movements						
	Drives		75%		30	6	1min
	Muscle memory movements		85-90%		10	2	2mins
	Lunges		85%		20	3	1min
	On court - with ball						
	Drives				40	2 (f/h & b/h)	
	Volleys				40	2 (f/h & b/h)	
	Crosses				40	2 (f/h & b/h)	
	Lobs				40	2 (f/h & b/h)	
	Boasts				40	2 (f/h & b/h)	
	Drops				40	2 (f/h & b/h)	
<b>COOL-DOWN #3</b>							

<b>Day 2</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<b>WARM-UP #1</b>						
	Endurance & power						
	Circuit - rest between activities					2	1mins
	Agility course	2.5mins	75%				
	Cone jumps	2.5mins	75%				
	Box jumps	2.5mins	75%				
	Squats		75%	50%-RM	35		
	Bridging - left side	2mins					
	Bridging - right side	2mins					
	Bridging - front	2mins					

	<i>Back raises</i>		75%		35		
	<i>Shuttles</i>	2.5mins					
	<i>Tuck jumps</i>		75%		30		
	<i>Standing jumps</i>		75%		20		
	<i>Drop jumping</i>		85%		35		
	<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 - Boast - Drop</i>	20mins					
	<i>1/4 court</i>	20mins					
	<i>Drive (attack on 'T')</i>	20mins				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>Fartlek training</i>						
	<i>Jogging - 10sec sprint</i>	15mins	70-100%			4	2mins
	<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>Drives</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>				40	2 (f/h & b/h)	
	<i>Volleys</i>				40	2 (f/h & b/h)	
	<i>Crosses</i>				40	2 (f/h & b/h)	

	Lobs				40	2 (f/h & b/h)	
	Boasts				40	2 (f/h & b/h)	
	Drops				40	2 (f/h & b/h)	
	<b>COOL-DOWN #3</b>						

<b>Day 4</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
Morning	Flexibility						
	Stretching session	1hr					
Morning	<b>WARM-UP #4</b>						
	On court games						
	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>						
Afternoon	Massage	0.5hrs					

<b>Day 5</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
Morning	<b>WARM-UP #8</b>						
	Functional training						
	Walking lunge						
	Incorporate squash strokes				15	3	
	Bridging						
	Front	1.5mins			3	1	
	Left side	1.5mins			3	1	
	Right side	1.5mins			3	1	
	Lower ab cycle				20	2 (r.h. & l.h.)	
	Supermans	1.5mins				3	
	Cobra	1.5mins				4	1
	<b>COOL-DOWN #7</b>						
	Flexibility						
Yoga	1hr						
Midday	<b>WARM-UP #2</b>						
	Resistance						
	<b>COOL-DOWN #2</b>						
Afternoon	<b>WARM-UP #3</b>						
	On court - with ball						
	Drive - Boast - Drop	20mins					
	1/4 court	20mins					
	Drive (attack on 'T')	20mins				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%		5	3	3mins
	<b>COOL-DOWN #1</b>						
	<u>Flexibility</u>						
	Stretching session	1hr					
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<i>Midday</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>				40	2 (f/h & b/h)	
	<i>Volleys</i>				40	2 (f/h & b/h)	
	<i>Crosses</i>				40	2 (f/h & b/h)	
	<i>Lobs</i>				40	2 (f/h & b/h)	
	<i>Boasts</i>				40	2 (f/h & b/h)	
	<i>Drops</i>				40	2 (f/h & b/h)	
		<b>COOL-DOWN #4</b>					
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<i>Afternoon</i>	<u>Match</u>						
	Stronger opponent						
	<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					
<hr/>							
<i>Midday</i>	<b>WARM-UP #2</b>						
	<u>Resistance</u>						
	<b>COOL-DOWN #2</b>						
<hr/>							
<i>Afternoon</i>	<u>Psychology</u>						
	Video session						
	<i>Self analysis</i>	0.5hrs					
	<i>Opponent analysis</i>	0.5hrs					
	<u>Massage</u>	0.5hrs					

**Week 7 - 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>						
	Continuous training						
	<i>Cycling</i>	60Km	75%				
	<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						
	<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				45	2 (f/h & b/h)	
	Volleys				45	2 (f/h & b/h)	
	Crosses				45	2 (f/h & b/h)	
	Lobs				45	2 (f/h & b/h)	
	Boasts				45	2 (f/h & b/h)	
	Drops				45	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 #1</b>						
	<u>Endurance &amp; power</u>						
	Circuit - rest between activities					2	1mins
	<i>Agility course</i>	3mins	75%				
	<i>Cone jumps</i>	3mins	75%				
	<i>Box jumps</i>	3mins	75%				
	<i>Squats</i>		75%	50%-RM	40		
	<i>Bridging - left side</i>	2.5mins					
	<i>Bridging - right side</i>	2.5mins					
	<i>Bridging - front</i>	2.5mins					
	<i>Back raises</i>		75%		40		
	<i>Shuttles</i>	3mins					

	<i>Tuck jumps</i>		75%		35		
	<i>Standing jumps</i>		75%		25		
	<i>Drop jumping</i>		85%		40		
	<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			40Kg	17	4	3mins
	Leg press			80Kg	17	4	3mins
	Upright rowing			35Kg	17	4	3mins
	Lat pull downs			50Kg	17	4	3mins
	Leg extension			50Kg	17	4	3mins
	Calf raise			30Kg	17	4	3mins
	Lunge matrix			3Kg		7	
	<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			2	2 (f/h & b/h)	
	<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>						
	Continuous training						
	<i>Cycling</i>	50mins	75%				
	<b>COOL-DOWN #1</b>						
	<u>Flexibility</u>						
	Stretching session	1hr					
<i>Midday</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				45	2 (f/h & b/h)	
	Volleys				45	2 (f/h & b/h)	
	Crosses				45	2 (f/h & b/h)	
	Lobs				45	2 (f/h & b/h)	
	Boasts				45	2 (f/h & b/h)	
	Drops				45	2 (f/h & b/h)	
	<b>COOL-DOWN #3</b>						

Afternoon	<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
Morning	<u>Flexibility</u>						
	<u>Yoga</u>	1hr					
Midday	<b>WARM-UP #2</b>						
	<u>Resistance</u>						
	<b>COOL-DOWN #2</b>						
Afternoon							

<b>Day 5</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
Morning	<b>WARM-UP #8</b>						
	<u>Functional training</u>						
	<u>Walking lunge</u>						
	<i>Incorporate squash strokes</i>				15	4	
	<u>Bridging</u>						
	<i>Front</i>	2mins			3	1	
	<i>Left side</i>	2mins			3	1	
	<i>Right side</i>	2mins			3	1	
	<u>Lower ab cycle</u>				25	2 (r.h. & l.h.)	
	<u>Supermans</u>	2mins				3	
	<u>Cobra</u>	2mins			4	1	
	<b>COOL-DOWN #7</b>						
	<u>Flexibility</u>						
<u>Stretching session</u>	1hr						
Midday	<b>WARM-UP #3</b>						
	<u>On court - with ball</u>						
	<u>Drive/cross - Boast/drop</u>	20mins					
	<u>Lob - Drive - Boast - Drop</u>	20mins					
	<u>Drive (attack on 'T')</u>	20mins			2	2 (f/h & b/h)	
<b>COOL-DOWN #3</b>							
Afternoon	<b>WARM-UP #4</b>						
	<u>Matches</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%		8	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				45	2 (f/h & b/h)	
	Volleys				45	2 (f/h & b/h)	
	Crosses				45	2 (f/h & b/h)	
	Lobs				45	2 (f/h & b/h)	
	Boasts				45	2 (f/h & b/h)	
	Drops				45	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					
<i>Midday</i>	<u>Psychology</u>						
	Video session						
	<i>Opponent analysis</i>	0.5hrs					
	<i>Self analysis</i>	0.5hrs					
<i>Afternoon</i>	<u>Massage</u>	0.5hrs					

**Week 8 - 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>						
	Fartlek training						
	Jogging - 10sec sprint	15mins	70-100%			5	2mins
	<b>COOL-DOWN #1</b>						
	<u>Flexibility</u>						
	Yoga	1hr					
	Hamstring flexibility						
	Core flexibility						
	Back flexibility						
Shoulder flexibility							
Quadricep flexibility							
<i>Midday</i>	<b>WARM-UP #2</b>						
	<u>Resistance</u>						
	Bench press			48Kg	15	3	3mins
	Leg press			88Kg	15	3	3mins
	Upright rowing			43Kg	15	3	3mins
	Lat pull downs			58Kg	15	3	3mins
	Leg extension			58Kg	15	3	3mins
	Calf raise			38Kg	15	3	3mins
	Lunge matrix			3.5Kg		6	
	<b>COOL-DOWN #2</b>						
<i>Afternoon</i>	<b>WARM-UP #3</b>						
	<u>On court - no ball</u>						
	Single shot movements						
	Crosses		75%		30	6	1min
	Muscle memory movements		85-90%		10	2	2mins
	Lunges		85%		20	3	1min
	<u>On court - with ball</u>						
	Drives				50	2 (f/h & b/h)	
	Volleys				50	2 (f/h & b/h)	
	Crosses				50	2 (f/h & b/h)	
	Lobs				50	2 (f/h & b/h)	
	Boasts				50	2 (f/h & b/h)	
	Drops				50	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
	Agility course	3.5mins	75%				
	Cone jumps	3.5mins	75%				
	Box jumps	3.5mins	75%				
	Squats		75%	50%-RM	45		
	Bridging - left side	3mins					
	Bridging - right side	3mins					
	Bridging - front	3mins					

	Back raises		75%		45		
	Shuttles	3.5mins					
	Tuck jumps		75%		40		
	Standing jumps		75%		30		
	Drop jumping		85%		45		
	<b>COOL-DOWN #1</b>						
	Flexibility						
	Stretching session	1hr					
	- Static stretching						
	- Ballistic stretching						
	- PNF stretching						
	Hamstring flexibility						
	Core flexibility						
	Back flexibility						
	Shoulder flexibility						
	Quadricep flexibility						
Midday	<b>WARM-UP #3</b>						
	On court - with ball						
	Drive - Boast - Drop	20mins					
	1/4 court	20mins					
	Drive (attack on 'T')	20mins				2 (f/h & b/h)	
	<b>COOL-DOWN #3</b>						
Afternoon	<b>WARM-UP #4</b>						
	Match						
	Weaker opponent						
	<b>COOL-DOWN #3</b>						
	Massage	0.5hrs					

<b>Day 3</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
Morning	<b>WARM-UP #1</b>						
	Fartlek training						
	Jogging - 10sec sprint	15mins	70-100%			5	
	<b>COOL-DOWN #1</b>						
	Flexibility						
	Yoga	1hr					
Midday	<b>WARM-DOWN #2</b>						
	Resistance						
	<b>COOL-DOWN #2</b>						
Afternoon	<b>WARM-UP #3</b>						
	On court - no ball						
	Single shot movements						
	Crosses		75%		30	6	1min
	Muscle memory movements		85-90%		10	2	2mins
	Lunges		85%		20	3	1min
	On court - with ball						
	Drives				50	2 (f/h & b/h)	
	Volleys				50	2 (f/h & b/h)	
	Crosses				50	2 (f/h & b/h)	
	Lobs				50	2 (f/h & b/h)	

	Boasts				50	2 (f/h & b/h)	
	Drops				50	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 #4</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)	
	SWOT	1st to 15				2 (f/h & b/h)	
	Blind freddie	2mins				2	2mins
	Dog & ball	2mins				2	2mins
	<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>				15	5	
	Bridging						
	<i>Front</i>	2.5mins			2	1	
	<i>Left side</i>	2.5mins			2	1	
	<i>Right side</i>	2.5mins			2	1	
	Lower ab cycle				27	2 (r.h. & l.h.)	
	Supermans	2.5mins				2	
	Cobra	2.5mins				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 - with ball</u>						
	Drive - Boast - Drop	20mins					
	1/4 court	20mins					
	Drive (attack on 'T')	20mins				2 (f/h & b/h)	
	<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%		10	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				50	2 (f/h & b/h)	
	Volleys				50	2 (f/h & b/h)	
	Crosses				50	2 (f/h & b/h)	
	Lobs				50	2 (f/h & b/h)	
	Boasts				50	2 (f/h & b/h)	
	Drops				50	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>Opponent analysis</i>	0.5hrs					
	Self analysis	0.5hrs					
<hr/>							
<i>Afternoon</i>	<u>Massage</u>	0.5hrs					

**Week 9 - Resting week, fitness testing, skills assessment**

<b>Day 1</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<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>Quadricep flexibility</i>						
	<u>Medical examination</u>						
<i>Midday</i>	<u>Physio examination</u>						
	<u>Psychology</u>						
	Motivation techniques						
	<i>Mental rehearsal</i>						
	<i>Reinforcement</i>						
	<i>Focussing</i>						
<i>Afternoon</i>	<u>Massage</u>	0.5hrs					

<b>Day 2</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>Quadricep flexibility</i>						
<i>Midday</i>	<b>WARM-UP #5</b>						
	<u>Fitness testing</u>						
	Beep test	Max					
	Pushup test				Max		
	Situp test				Max		
	<b>COOL-DOWN #4</b>						
<i>Afternoon</i>	<b>WARM-UP #6</b>						
	<u>Fitness testing</u>						
	Standing long jump						
	Sit & reach						
	Back raises				Max		
	<u>Massage</u>	0.5hrs					
	<b>COOL-DOWN #5</b>						

<b>Day 3</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<u>Flexibility</u>						
	Stretching session	1hr					

<i>Midday</i>	<u>Nutrition</u>						
	Assessment						
<i>Afternoon</i>	<u>Psychology</u>						
	Aptitude test						
	<i>Anxiety susceptibility</i>						

<b>Day 4</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<b>WARM-UP #2</b>						
	<u>Strength testing</u>						
	Leg press			2.5x body mass	1-RM	1	
	Bench press			2x 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	
	<b>COOL-DOWN #2</b>						
	<i>Midday</i>	<u>Flexibility</u>					
Yoga		1hr					
<i>Afternoon</i>	<u>Massage</u>	0.5hrs					

<b>Day 5</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<u>Flexibility</u>						
	Stretching session	1hr					
<i>Midday</i>	<b>WARM-UP #4</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)	
	SWOT	1st to 15				2 (f/h & b/h)	
	Blind freddie	2mins				2	2mins
	Dog & ball	2mins				2	2mins
	<b>COOL-DOWN #3</b>						
<i>Afternoon</i>	<b>WARM-UP #4</b>						
	<u>Badminton</u>						
	<b>COOL-DOWN #3</b>						

<b>Day 6</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
Morning	Flexibility						
	Yoga	1hr					
Midday	<b>WARM-UP #4</b>						
	Match analysis						
	<b>COOL-DOWN #3</b>						
Afternoon	Shot play						
	Drives						
	Volleys						
	Boasts						
	Drops						
	Lobs						
	Crosses						

<b>Day 7</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
Morning	Flexibility						
	Stretching session	1hr					
Midday	Motivation						
	Coaching session						
	Junior development	2hrs					
Afternoon	Psychology						
	Video session						
	Self analysis	0.5hrs					
	Opponent analysis	0.5hrs					
	Massage	0.5hrs					

**Week 10 - Re-commencement of 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>						
	Continuous training						
	<i>Cycling</i>	65Km	80%				
	<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			54Kg	18	3	3mins
	Leg press			94Kg	18	3	3mins
	Upright rowing			49Kg	18	3	3mins
	Lat pull downs			64Kg	18	3	3mins
	Leg extension			64Kg	18	3	3mins
	Calf raise			44Kg	18	3	3mins
	Lunge matrix			4Kg		6	
	<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	1min
	Muscle memory movements		85-90%		10	2	2mins
	Lunges		85%		20	3	1min
	<u>On court - with ball</u>						
	<i>Drives</i>				55	2 (f/h & b/h)	
	<i>Volleys</i>				55	2 (f/h & b/h)	
	<i>Crosses</i>				55	2 (f/h & b/h)	
	<i>Lobs</i>				55	2 (f/h & b/h)	
	<i>Boasts</i>				55	2 (f/h & b/h)	
	<i>Drops</i>				55	2 (f/h & b/h)	
<b>COOL-DOWN #3</b>							

<b>Day 2</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<b>WARM-UP #1</b>						
	<u>Endurance &amp; power</u>						
	Circuit - rest between activities					2	1mins
	<i>Agility course</i>	3.5mins	80%				
	<i>Cone jumps</i>	3.5mins	80%				
	<i>Box jumps</i>	3.5mins	80%				
	<i>Squats</i>		80%	50%-RM	50		
	<i>Bridging - left side</i>	3mins					
	<i>Bridging - right side</i>	3mins					
	<i>Bridging - front</i>	3mins					

	<i>Back raises</i>		80%		50		
	<i>Shuttles</i>	3.5mins					
	<i>Tuck jumps</i>		80%		40		
	<i>Standing jumps</i>		80%		30		
	<i>Drop jumping</i>		90%		45		
	<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>	50mins	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>Drives</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>				55	2 (f/h & b/h)	
	<i>Volleys</i>				55	2 (f/h & b/h)	
	<i>Crosses</i>				55	2 (f/h & b/h)	

	Lobs				55	2 (f/h & b/h)	
	Boasts				55	2 (f/h & b/h)	
	Drops				55	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>	Flexibility						
	Stretching session	1hr					
<i>Midday</i>	<b>WARM-UP #4</b>						
	On court games						
	Nick game	1st to 9				2 (f/h & b/h)	
	Drop game	1st to 9				2 (f/h & b/h)	
	SWOT	1st to 15				2 (f/h & b/h)	
	Blind freddie	2mins				2	2mins
	Dog & ball	2mins				2	2mins
	<b>COOL-DOWN #3</b>						
<i>Afternoon</i>	Massage	0.5hrs					

<b>Day 5</b>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<b>WARM-UP #8</b>						
	Functional training						
	Walking lunge						
	Incorporate squash strokes				20	5	
	Bridging						
	Front	2.5mins				3	1
	Left side	2.5mins				3	1
	Right side	2.5mins				3	1
	Lower ab cycle					30	2 (r.h. & l.h.)
	Supermans	2.5mins					3
	Cobra	2.5mins				4	1
		<b>COOL-DOWN #7</b>					
	Flexibility						
	Yoga	1hr					
<i>Midday</i>	<b>WARM-UP #2</b>						
	Resistance						
	<b>COOL-DOWN #2</b>						
<i>Afternoon</i>	<b>WARM-UP #3</b>						
	On court - with ball						
	Drive/cross - Boast/drop	20mins					
	Lob - Drive - Boast - Drop	20mins					
	Drive (attack on 'T')	20mins				2	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%		8	3	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>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>				55	2 (f/h & b/h)	
	<i>Volleys</i>				55	2 (f/h & b/h)	
	<i>Crosses</i>				55	2 (f/h & b/h)	
	<i>Lobs</i>				55	2 (f/h & b/h)	
	<i>Boasts</i>				55	2 (f/h & b/h)	
	<i>Drops</i>				55	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>							
Time	Activity	Duration	Intensity	Load	Reps	Sets	Rest
<i>Morning</i>	<u>Flexibility</u>						
	Yoga	1hr					
<hr/>							
<i>Midday</i>	<b>WARM-UP #2</b>						
	<u>Resistance</u>						
	<b>COOL-DOWN #2</b>						
<hr/>							
<i>Afternoon</i>	<u>Psychology</u>						
	Video session						
	<i>Self analysis</i>	0.5hrs					
	<i>Opponent analysis</i>	0.5hrs					
	<u>Massage</u>	0.5hrs					