

Academy Weekly Training Programme (as at 12/7/10)

Non Tournament week:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
A M	Yoga / Pilates (Recovery)	Group Aerobic / Plyometrics / Weights (off court)	Group hitting / Speed & Agility / Flexibility	Group hitting / routines / ghosting	Light hitting / Solo (own time)	Strength / Weights (own time)	Rest
P M	Group hitting / routines (Self Organised)	Match play or Mens Interclub	Group hitting / Games / Mandatory drills or Womens Interclub	Individual Coaching Group Aerobic / Strength & Conditioning	Rest	Group hitting / Aerobic / Core	

Tournament week:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
A M	Yoga/ Pilates (Recovery)	Group Aerobic / Plyometrics / Weights (off court)	Group hitting / Speed & Agility / Flexibility	Group hitting / routines / ghosting	Rest	Tournament (if hard matches, Rest on Monday)	
P M	Group hitting / routines (Self organised)	Match play or Mens Interclub	Group hitting / Games / Mandatory drills or Womens Interclub	Individual Coaching Group Aerobic / Strength & Conditioning	Tournament		