

## Tennis Progression

WEEK 1	MONDAY	WEDNESDAY	FRIDAY
	12 FH	15 FH	15 FH
	8 BH	8 BH	10 BH
	10' Rest	10' Rest	10' Rest
	13 FH	15 FH	15 FH
	7 BH	7 BH	10 BH
WEEK 2			
	25 FH	30 FH	30 FH
	15 BH	20 BH	25 BH
	10' Rest	10' Rest	10' Rest
	25 FH	30 FH	30 FH
	15 BH	20 BH	15 BH
			10 OH
WEEK 3			
	30 FH	30 FH	30 FH
	25 BH	20 BH	30 BH
	10 OH	15 OH	15 OH
	10' Rest	10' Rest	10' Rest
	30 FH	30 FH	30 FH
	25 BH	25 BH	10 OH
	15 OH	15 OH	10' Rest
			30 FH
			30 BH
			15 OH
WEEK 4			
	30 FH	30 FH	30 FH
	30 BH	30 BH	30 BH
	10 OH	10 OH	10 OH
	10' Rest	10' Rest	10' Rest
	Play 3 games	Play 1 Set	Play 1 1/2 Set
	10 FH	10 FH	10 FH
	10 BH	10 BH	10 BH
	5 OH	5 OH	3 OH

**FH= Forehand ground stroke | BH= Backhand ground stroke | OH= Overhead Shot**  
**Ice After each session**