



## Interval Tennis Program

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**Athlete:** \_\_\_\_\_

**Begin:** \_\_\_\_/\_\_\_\_/\_\_\_\_

### Basic Guidelines:

Proper warm-ups, stretching, and strengthening should be implemented throughout the entire interval tennis rehabilitation program. As you start your program, remember, mechanics play an important role in your recovery.

OH = Overhead Shots

FH = Forehand Shots

BH = Backhand Shots

### 1<sup>st</sup> Week

**Monday**

12 FH  
8 BH  
10 min. Rest  
13 FH  
7 BH

**Wednesday**

15 FH  
8 BH  
10 min. Rest  
15 FH  
7 BH

**Friday**

15 FH  
10 BH  
10 min. Rest  
15 FH  
10 BH

### 2<sup>ND</sup> Week

**Monday**

25 FH  
15 BH  
10 min. Rest  
25 FH  
15 BH

**Wednesday**

30 FH  
20 BH  
10 min. Rest  
30 FH  
20 BH

**Friday**

30 FH  
25 BH  
10 min. Rest  
30 FH  
15 BH  
10 BH

### 3<sup>RD</sup> Week

**Monday**

30 FH  
25 BH  
10 OH  
10 min. Rest  
30 FH  
25 BH  
10 OH

**Wednesday**

30 FH  
25 BH  
15 OH  
10 min. Rest  
30 FH  
25 BH  
15 OH

**Friday**

30 FH  
30 BH  
15 OH  
10 min. Rest  
30 FH  
15 OH  
10 min. Rest  
30 FH  
30 BH  
15 OH

### 4<sup>TH</sup> Week

**Monday**

30 FH  
30 BH  
10 OH  
10 min. Rest  
Play 3 games  
10 FH  
10 BH  
5 BH

**Wednesday**

30 FH  
30 BH  
10 OH  
10 min. Rest  
Play set  
10 FH  
10 BH  
5 OH

**Friday**

30 FH  
30 BH  
10 OH  
10 min. Rest  
Play 1 ½ sets  
10 FH  
10 BH  
3 OH