

## **CMR Tennis Preseason Training:**

The purpose of these programs is to be better prepared for the season. We start practice in four weeks, so please start the program immediately so you will be ready to go on March 11<sup>th</sup>.

Preseason Fitness: (to be done 3 to 4 days a week, every other day)

- 10 minute cardio warm up-running, treadmill or stationary bike
- Stretching-work from upper body to lower
- Shadow strokes-split step, three positioning steps, stroke and recover-40 forehands, 40 backhands, 40 side to side, 40 volleys each side, 40 serves
- 3 sets of 10 lunges each leg
- 3 sets of 25 push ups
- 3 sets of 25 crunches
- 3 sets of 25 body weight squats
- 3 sets of planks 30 to 60 second
- 6 minutes jump rope-feet together, jog in place, alternating feet
- 5 minute cardio cool down
- Stretch

Preseason Hitting: (if you have access to indoor courts or weather is favorable)  
(to be done 2 to 3 days a week for an hour)

- 10 minute warm up all strokes
- Consistency drills 20 crosscourt forehands in a row, 20 backhands crosscourt in a row, 20 volley to groundstroke, 20 volley to volley.
- Serving practice to targets 10 minutes
- ½ hour or more of point play with serve and return

If you have access to indoor courts, if you could invite someone on the team who does not, that would be very help and appreciated.

We are looking forward to a great season. If you have any questions, please contact Coach Byron or Coach Val. Go RUSTLERS!