

INTERMEDIATE WEEKLY PROGRAM

Strength & Conditioning

INTRODUCTION

Welcome to the Strength and Conditioning Program! Each day's program includes clickable hyperlinks for each exercise, opening a video demonstration by Dean with essential key points. Simply click any exercise name, and you'll be guided through its proper form and technique to get the most out of your training.

CoachLife currently offers two pathways for tennis players' fitness development: Beginner and Intermediate, with an Advanced program coming soon. Coaches and parents may wonder where to start with their athlete. The tendency is often to begin at a higher level than the athlete can handle. However, building a strong foundation in fitness is essential, as it helps players become stronger, faster, and more powerful while minimizing the risk of injury. When choosing between the two pathways, it's crucial to assess the player's fitness competency. Even players competing at a high level for their age may benefit from starting with the Beginner program.

Here are some guidelines:

1. Players 12 and under should start with the Beginner program.
2. Any player without consistent fitness training experience with a coach should begin at the Beginner level.
3. After 4–6 months of consistent training, players may progress to the Intermediate program.
4. The Intermediate program is typically suited for athletes with a strong foundation who can perform movement patterns and exercises with a high degree of competency.

When preparing young athletes for their fitness journey, we must remember that even the greatest players in the tennis world started at this foundational level. Putting young players through professional-level regimens is a recipe for injury. I can assure you that the routines professionals follow today were not the same ones they practiced as junior players. Follow these routines and see the player's fitness and tennis improve.

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Strength & Conditioning



Dean Hollingworth

MONDAY

Warm up #1-3
Speed
Plyos
Prehab
Foam Roll & Recovery

TUESDAY

Warm up #2-3
Movement Drill
Fitness (Circuit)
Group 1
Group 2
Group 3
Foam Roll & Recovery

WEDNESDAY

Warm up #1-2-3
Speed
Prehab
Foam Roll & Recovery

THURSDAY

Warm up #2-3
Plyos
Movement Drill
Foam Roll & Recovery

FRIDAY

Warm up #1-3
Speed
Reaction
Fitness
Group 2
Group 3
Prehab
Foam Roll & Recovery

Monday

1 - WARM UP #1-3

(1, 2, 3)

2 - SPEED

- Wall drill Triples 2x5 each side.
- Starts 2x3 each leg.
- Falling starts x4 (run for 15m).
- Resisted sprints 4x15-20m (allow for sufficient recovery).
- 15m sprints 4x5

3 - PLYOS

Group 1 - Do in sequence

- Squat jumps 3x8.
- Neutral stance med ball throws 3x8.
- Open book 3x10.

Group 2 - Do in sequence

- Lateral bound return 3x6.
- Open stance med ball throw 3x8.
- Thread the needle 3x8

4 - PREHAB

Shoulder

- External rotation 90 degrees 2x15.
- Internal rotation 90 degrees 2x15.
- T's 2x15.
- Y's 2x15.

Hips

- 90/90 hip mobility 2x6 movements.
- Knees side to side with tripod 2x6.

Ankles

- Knee drive 2x10.
- Standing on one leg 2x30-60sec

5- FOAM ROLL & RECOVERY

Tuesday

1 - WARM UP #2-3

(2, 3)

2 - MOVEMENT DRILL

- Step drill sprint position continuous 3x10sec.
- Moving around the step 2x2 there back.
- Step drill on/off continuous 3x10 (count the number of contacts).
- Step drill over/back 3x5 each side.
- Hurdle bound with ball catch 5x each side.
- Ball from in front x8-10 (back up after each successful catch).
- Ball toss from behind x8-10.
- Ball toss from side 5x5.
- Reaction catches of wall 5x5.

3 - FITNESS (CIRCUIT)

4 - GROUP 1 - Do in sequence

- Squat jumps 3x8.
- Neutral stance med ball throws 3x8.
- Open book 3x10.

5 - GROUP 2 - Do in sequence

- Lateral bound return 3x6.
- Open stance med ball throw 3x8.
- Thread the needle 3x8.

6 - GROUP 3 - Do in sequence

- Lateral bound return 3x6.
- Open stance med ball throw 3x8.
- Thread the needle 3x8.

7- FOAM ROLL & RECOVERY

Wednesday

1 - WARM UP #1-2-3

(1, 2, 3)

2 - SPEED

- Wall drill doubles 2x5 each side.
- Wall triples doubles 2x5 each side.
- Starts 2x3 each leg.
- Falling starts x4 (run for 15m).
- Resisted sprints 4x15-20m (allow for sufficient recovery).
- 15m sprints 4x5

3 - PREHAB

Shoulder

- External rotation 90 degrees 2x15
- Internal rotation 90 degrees 2x15
- Moon taps 2x3 up/down
- T's 2x15
- Y's 2x15

Core

- Bear crawl 2x forward and back 10-15m
- Jackknife 2x10-20
- Rollouts 2x10-20
- Farmers carry 2x30-40m

4- FOAM ROLL & RECOVERY

Thursday

1 - WARM UP #2-3

(2, 3)

2 - PLYOS

Group 1 - Do in sequence

- Rotational jumps 90 degrees 3x5 each way (progress to 180 when athlete is competent with the 90's).
- Neutral stance alternating between forehand and backhand 3x10 total.
- Open book wall 3x10.

Group 2 - Do in sequence

- Hops forward one at a time 2x6.
- Open stance throws alternating between forehand and backhand 2x10 total.
- Thread the needle 2x8 each side.

Group 3 - Do in sequence

- Hops one side at a time 2x4 (there back on a single leg).
- Medball slam 2x8.

3 - MOVEMENT DRILL

- Moving around the step 2x2 there back.
- Step drill on/off continuous 2x10 (count the number of contacts).
- Step drill over/back 3x5 each side.
- Hurdle bound with ball catch 5x each side.
- Ball toss from behind x8-10.
- Reaction catches off of wall 5x5.

4- FOAM ROLL & RECOVERY

Friday

1 - WARM UP #1-3

(1, 2, 3)

2 - SPEED

- Resisted starts 4x15m.
- Sprints 4x5.
- Ball drop x5.
- Sidetoss 3x5.

3 - REACTION

- Catch ball off of wall 2x5.
- Ball toss side to side 3x5

4 - FITNESS

- Reverse lunges with weights or elastic 3x10.
- Push-ups with feet on ball 3x10.
- Pull off press 3x10 each way.

5 - GROUP 2 - Do in sequence

- One arm row with rotation 3x10.
- Lateral lunges 3x10 with weights or elastic.
- Sideplank 3x15-45sec.

6 - GROUP 3 - Do in sequence

- Standing one arm press 3x10.
- Deadbug 3x20.

7- PREHAB

Shoulder

- External rotation 90 degrees 2x15.
- Internal rotation 90 degrees 2x15.
- T's 2x15.
- Y's 2x15

Hips

- 90/90 hip mobility 2x6 movements.
- Knees side to side with tripod 2x6.

Ankles

- Knee drive 2x10.
- Kettlebell pass 2x5-10 each way.

Wrists

- Wrist series 1x12 each exercises

8- FOAM ROLL & RECOVERY