

TRAINING CENTER - SCHEDULE - TYPICAL WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8AM	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
8.30 AM	WARM-UP	WARM-UP	WARM-UP	WARM-UP	WARM-UP
9.00 AM	FITNESS		FITNESS		FITNESS
9.30 AM		TENNIS		TENNIS	
10.00 AM	TENNIS	Drills & Intensive ball feeding	TENNIS	Drills & Intensive ball feeding	TENNIS
10.30 AM	Observation		Integrated physical preparation		Integrated physical preparation
11.00 AM	Test & Analysis				
11.30 AM		FITNESS		FITNESS	
12.00 PM	LUNCH & RELAXATION	LUNCH & RELAXATION	LUNCH & RELAXATION	LUNCH & RELAXATION	LUNCH & RELAXATION
1.00 PM					
2.30 PM	WARM-UP	WARM-UP	WARM-UP	WARM-UP	WARM-UP
3.00 PM	TENNIS	TENNIS	TENNIS	TENNIS	TENNIS
3.30 PM	Drills & tactical schemes	Match play	Serve & return	Match play	Serve & return
4.00 PM					
4.30 PM	RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY
5.00 PM	INTERVIEW	PHYSIO FOLLOW-UP	PHYSIO FOLLOW-UP	PHYSIO FOLLOW-UP	PHYSIO FOLLOW-UP
5.30 PM	Debriefing	(optional)	(optional)	(optional)	(optional)