

INTERVAL TENNIS PROGRAM

OH=OVERHEAD FH=FOREHAND GROUND STROKE BH=BACKHAND GROUND STROKE

WEEK	MONDAY	WEDNESDAY	FRIDAY
1	12 FH 7 BH 5 min rest 13 FH 5 BH	15 FH 8 BH 5 min rest 15 FH 7 BH	15 FH 10 BH 5 min rest 15 FH 10 BH
2	25 FH 15 BH 5 min rest 25 FH 15 BH	30 FH 20 BH 5 min rest 30 FH 20 BH	30 FH 25 BH 5 min rest 30 FH 15 BH 10 OH
3	30 FH 25 BH 10 OH 5 min rest 30 FH 25 BH 10 OH	30 FH 25 BH 15 OH 5 min rest 30 FH 25 BH 15 OH	30 FH 30 BH 15 OH 5 min rest 30 FH 15 OH 5 min rest 30 FH 30 BH 15 OH
4	30 FH 30 BH 10 OH 5 min rest Play 3 games 10 FH 10 BH 5 OH	30 FH 30 BH 10 OH 5 min rest Play set 10 FH 10 BH 5 OH	30 FH 30 BH 10 OH 5 min rest Play 1 ½sets 10 FH 10 BH 3 OH



Home to the Texas Rangers