

## Complete session: Cardio and Regularity

Catégorie(s) :	-
Niveau :	Yellow ball - beginner, Intermediate, Confirmed
Durée :	90 min
Matériels :	Ball machine

Hello everyone !

Here is a complete and typical training session I will do during the week :

### 1) Warm-up / routine

I start my training sessions as often as possible with a real warm-up of 15 minutes.

Why is this important?

- First to limit the risk of injury (it would be stupid to injure yourself by making a sudden movement when cold)
- And to get into the rhythm and ensure that this warm-up becomes a routine, a habit.

- Field tour 5 min (To raise body temperature)
- Elastic 5 min (It allows me to work certain muscles, particularly in the shoulder to compensate for the work of repeated strokes in tennis)
- Jumping rope. 4 min (In cool mode, it's mostly for fun because I like skipping rope, but in reality it's slightly traumatic on the joints so I don't do too much)
- Break 2 mins

TOTAL 15 to 16 mins



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## 2) Physical Exercise: Agility theme

Agility exercise 1: 5 min

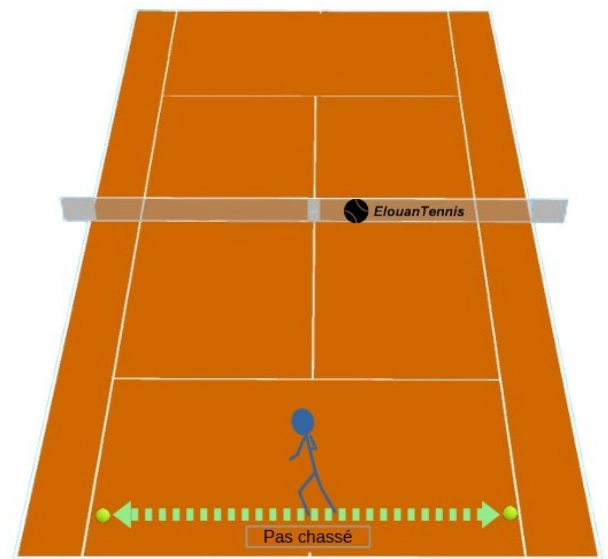
4 series: Not chased + we touch the ball

1 min / 30 s of Break

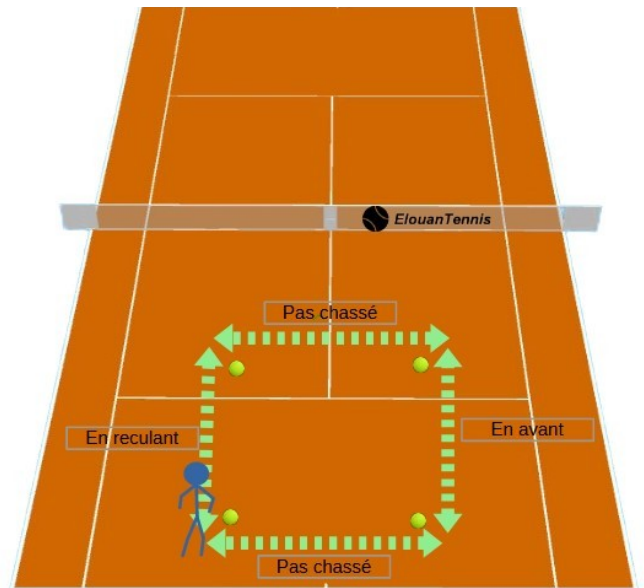
1 min / 30 s of Break

1 min / 30 s of Break

1 min / of Break



## Agility exercise 2: 5 min



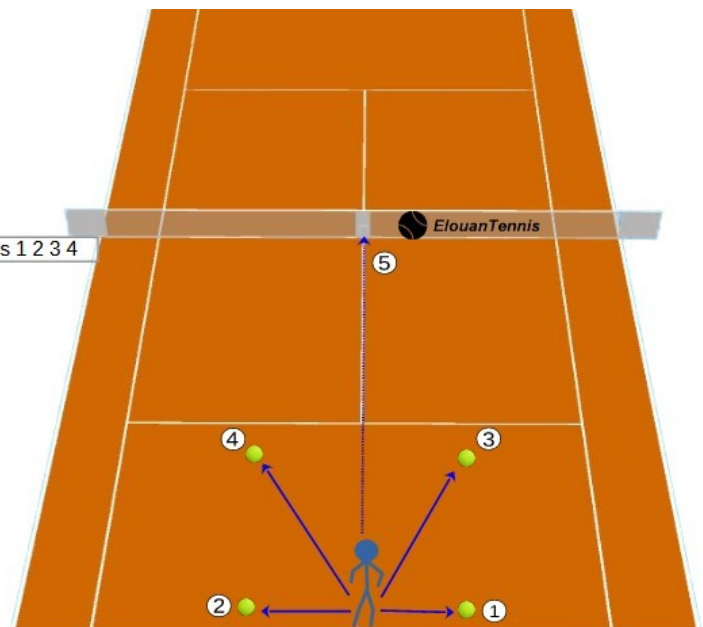
## Agility – Explosiveness exercise: 5 min

Break 2 mins

TOTAL 17 mins+ 15 = 32 mins

Aller toucher les balles 1 2 3 4

Puis courir au filet



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### 3) Tennis Exercises

Warm-up with racket (Exchange in the squares then along the length of the court): 5 mins

Break 1 min

**Ball machine: the game from 30 to 15/2 (in 4 series of 50 balls): 35 min**

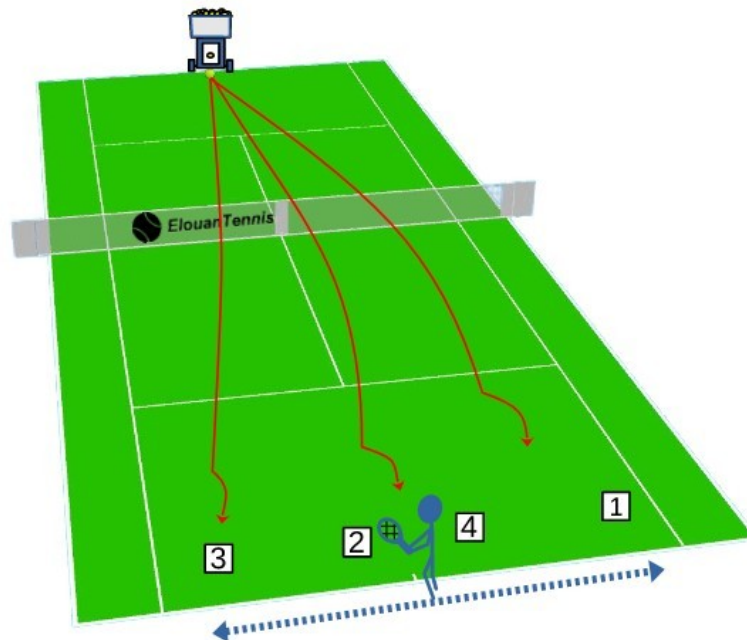
It's an exercise that I love because you start easy and finish hard...

The principle is simple:

The machine sends a series of 50 balls in a line: One on the forehand: One in the center / One on the backhand / One in the center... And I return.

Nothing complicated... so far ^^

- The first series is done at a leisurely frequency (e.g. one ball every 4s)
- The second series is done at a slightly higher frequency (e.g. one ball every 3 sc)
- Then we move on to an intense series: A ball every 2sc
- Then infernal cadence: A ball every 1.5sc (We're on the kneecaps lol)



The aim of this exercise is multiple:

It helps me manage long exchanges

It helps me gain consistency when I play calmly but also when I am exhausted and struggling.

Break 2 mins

Relaxation game: Exchange / Point (15 min / time remaining in the session)

### 4 Stretching

TOTAL = 90 mins

End of session



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