


Wyoming Women's Tennis

May 19th - June 13th, 2008

Day 1					Notes
Warm Up					June 9th - 13th is a down week. Back off on weights 
Dynamic Warm Up/Mobility/Activation Warm Up - See "Warm Up Sheet" MB Warm Up - See "Warm Up Sheet" X -Walks - 1 x 10 each way w/ mini band, 1 x 10 each way w/ light & green bands					
Weight Room	May 19th	May 26th	June 2nd	June 9th	
1) DB Complex - Perform 1 exercise after another	3 x 5	4 x 5	5 x 5	3 x 5	Perform all lifts with same DB's, do not put them down. Perform 1 arm cable row if available, otherwise 1 arm DB row Keep 1 DB up at all times w/ Alt. bench press
B/O Row - DB Hang Clean - Front Squat to Press - Squat Jump - RDL					
2) Split Squat w/ DB	3 x 10 w/ BW	3 x 10	3 x 10	3 x 6	
→ 1 Arm Cable/DB Row	3 x 10 each arm	3 x 10 each arm	3 x 8 each arm	3 x 5 each arm	Injuries
→ Kneeling MB Side Throws w/ 8 lb MB	3 x 8 each side	3 x 10 each side	3 x 12 each side	3 x 8 each side	
3) DB Alt. Bench Press	3 x 8 each arm	3 x 6 each arm	3 x 5 each arm	3 x 4 each arm	Don't forget to get your muscle milk or shake
→ RDL	3 x 10	3 x 10	3 x 10	3 x 6	
→ Hanging Knees Raises	3 x 8	3 x 10	3 x 12	3 x 8	
Stretch - Soft Tissue Work					
Tennis ball / Foam Roll Stretch					
Day 2					Notes
Warm Up					
Dynamic Warm Up/Mobility/Activation Warm Up - See "Warm Up Sheet" MB Warm Up - See "Warm Up Sheet" X -Walks - 1 x 10 each way w/ mini band, 1 x 10 each way w/ light & green bands					
Weight Room	May 21st	May 28th	June 4th	June 11th	
1) 1 Arm DB Snatch	3 x 10 each arm	3 x 12 each arm	3 x 15 each arm	3 x 6 each arm	Do not decrease weight for DB snatch, keep the weight the same as the reps increase
2) Back Squat	3 x 10 x 60%	3 x 10 x 65%	3 x 8 x 68%	3 x 5 x 70%	
→ Chin Up/ Rev. Grip Lat Pull	3 x 10	3 x 10	3 x 10	3 x 6	
→ Grab and Reach w/ 25 lb/10kg plate	3 x 8	3 x 10	3 x 12	3 x 8	Injuries
3) Standing DB Shoulder Press	3 x 10	3 x 8	4 x 6	3 x 5	
→ Single Leg Good Mornings	3 x 8 each leg w/ 25 lb bar	3 x 10 each leg w/ 25 lb bar	3 x 6 each leg w/ 35 lb bar	3 x 5 each leg w/ 35 lb bar	
Stretch - Soft Tissue Work					Don't forget to get your muscle milk or shake
Tennis ball / Foam Roll Stretch					
Day 3					Notes
Warm Up					
Dynamic Warm Up/Mobility/Activation Warm Up - See "Warm Up Sheet" MB Warm Up - See "Warm Up Sheet" X -Walks - 1 x 10 each way w/ mini band, 1 x 10 each way w/ light & green bands					
Weight Room	May 23rd	May 30th	June 6th	June 13th	
1) Core Circuit - 8 SB Plank Rollouts	x 1	x 2	x 3	x 2	Injuries
- 12 Rev. Crunches		w/ 1 min rest	w/ 1 min rest	w/ 1 min rest	
- 15 Broomstick Crunches					
2) Circuit - Perform 1 exercise after another	x 2	x 3	x 4	x 2	Don't forget to get your muscle milk or shake
a) Twisting Push Press x 5 each arm	w/ 2:00 rest	w/ 1:30 rest	w/ 1:15 rest	w/ 1:30 rest	
b) BW Squat x 20					
c) Push up to row w/ 10 lb DB x 5 each arm					
d) Sit Up w/ 25 lb x 10					
e) MB Diagonal Dynamic lift w/ 12 lb MB or Dynamic Cable lift x 8 each way					
f) Plank for 30 sec					
Stretch - Soft Tissue Work					
Tennis ball / Foam Roll Stretch as a team					