

Tennis Interval Program

Week	Day	Criteria for Progression
Week 1	Monday	12 FH 8 BH 10-min Rest 13 FH 7 BH
	Wednesday	15 FH 8 BH 10-min Rest 15 FH 7 BH
	Friday	15 FH 10 BH 10-min Rest 15 FH 10 BH
Week 2	Monday	25 FH 15 BH 10-min Rest 25 FH 15 BH
	Wednesday	30 FH 20 BH 10-min Rest 30 FH 20 BH

	Friday	30 FH 25 BH 10-min Rest 30 FH 25 BH
Week 3	Monday	30 FH 25 BH 10 SR 10-min Rest 30 FH 25 BH 10 SR
	Wednesday	30 FH 25 BH 15 SR 10-min Rest 30 FH 25 BH 15 SR
	Friday	30 FH 30 BH 15 SR 10-min Rest 30 FH 15 SR 10-min Rest 30 FH 30 BH 15 SR

Week 4	Monday	30 FH 30 BH 10 SR 10-min Rest Play 3 games 10 FH 10 BH 5 SR
	Wednesday	30 FH 30 BH 10 SR 10-min Rest Play set 10 FH 10 BH 5 SR
	Friday	30 FH 30 BH 10 SR 10-min Rest Play 1.5 sets 10 H 10 H 3 SR

***SR = serves; FH = forehand shots; BH = backhand shots**

Reinold, M. M., Wilk, K. E., Reed, J., Crenshaw, K., & Andrews, J. R. Interval Sport Programs: Guidelines for Baseball, Tennis, and Golf. *J Orthop Sports Phys Ther.* 2002; 32(6), 293-298.