

UCSD WOMEN'S TENNIS

Day 1

Dynamic Warm-Up Speed Ladder (Pick Drill) + 15yd Sprint x 8

Shoulder Stability I, Y, T Plate Catches (use small plate - 2.5 - 5lbs, raise it up in a I, Y, or T- then release and catch)

Glute Act/Strength SL Hip Bridge Shoulders on Bench 2 x 15 each + Low Hurdle Hops x 6 Hurdles (STICK LANDING)

Conditioning 30yd Sprints (15yds out & back) x 20 - add 2 sprints each week/30-45sec recovery between each

PERFORM CONDITIONING 1ST

21-Jun

28-Jun

5-Jul

Order	Max	Exercise	Set	Week 1 wt		Week 1 reps		Week 2 wt		Week 2 reps		Week 3 wt		Week 3 reps	
				x		x		x		x		x			
1	#N/A	Core Side Plank: Side Hip Touches -Twist Downs	1		x	10e			x	15e			x	20e	
2	#N/A	BB Jump Shrug Pair with below	1		x	5			x	5			x	5	
			2		x	5			x	5			x	5	
			3		x	5			x	5			x	5	
			4		x	5			x	5			x	5	
			5		x	5			x	5			x	5	
3	#N/A	DB Split Squat Pair with below	1		x	6e			x	7e			x	8e	
			2		x	6e			x	7e			x	8e	
			3		x	6e			x	7e			x	8e	
			4		x	6e			x	7e			x	8e	
			5		x	6e			x	7e			x	8e	
4	#N/A	Single Arm DB Bench *superset with bb JS & db Split squat	1		x	4e			x	5e			x	6e	
5	#N/A	Inverted Row SA = Single Arm (1 DB) Pair with below	1		x	6e			x	7e			x	8e	
			2		x	6e			x	7e			x	8e	
			3		x	6e			x	7e			x	8e	
6	#N/A	Single Leg DB RDL	1		x	8			x	9			x	10	
			2		x	8			x	9			x	10	
			3		x	8			x	9			x	10	

Day 2

Dynamic Warm-Up Jump Rope 3 Minutes, Knee Hugs, Lateral Lunge, Figure 4, Lunge and Twist, Leg Swings x 10 each + High Hurdle Walk Overs - Lateral Walk Overs & Over/Under

Shoulder Stability Scapula Pushups - Inverted Retractions x 20each x 2 sets (Squeeze Shoulder Blades)

Glute Act/Strength Lateral Low Hurdle Hops X 6 Hurdles x 2 sets each leg (STICK LANDING)

Conditioning Accelerations: On Back/On Belly/Push-up Position/Kneeling x 50yds x 5 each

Order	Max	Exercise	Set	Week 1 wt		Week 1 reps		Week 2 wt		Week 2 reps		Week 3 wt		Week 3 reps	
				x		x		x		x		x			
1	#N/A	Core SB:Rollouts-Tucks-Pikes-Crunches-Pushups	1		x	10e			x	12e			x	15e	
2	#N/A	Heel Touch Downs Stand on Box/Bench & SL Squat until heel touch Pair with below	1		x	5e			x	6e			x	7e	
			2		x	5e			x	6e			x	7e	
			3		x	5e			x	6e			x	7e	
			4		x	5e			x	6e			x	7e	
			5		x	5e			x	6e			x	7e	
3	#N/A	BB Push Jerks Pair with below	1		x	5			x	5			x	5	
			2		x	5			x	5			x	5	
			3		x	5			x	5			x	5	
			4		x	5			x	5			x	5	
4	#N/A	DB Pullovers	1		x	5e			x	6e			x	7e	
			2		x	5e			x	6e			x	7e	
			3		x	5e			x	6e			x	7e	
			4		x	5e			x	6e			x	7e	
5	#N/A	Pull Ups Pair with below	1		x	6			x	8			x	10	
			2		x	6			x	8			x	10	
			3		x	6			x	8			x	10	
6	#N/A	Single Leg SB Leg Curls SB = Stability Ball	1		x	6e			x	7e			x	8e	
			2		x	6e			x	7e			x	8e	
			3		x	6e			x	7e			x	8e	