

7-Day Fitness Plan for Competitive Tennis Players

Day 1: Strength and Power

Focus: Build explosive power and full-body strength for serves, groundstrokes, and movement.

Warm-up (5 mins):

- Dynamic stretches: Arm circles, leg swings, walking lunges with a twist.
- 2x20 meters high knees and butt kicks.

Workout:

- Split Squats (bodyweight or dumbbells): 3x10 per leg.
- Push-Ups (add a clap if possible): 3x12.
- Bulgarian Split Squat Jumps: 3x6 per leg.
- Medicine Ball Slam: 3x12.

Cooldown (5 mins): Stretch hamstrings, quads, and shoulders.

Day 2: Speed and Agility

Focus: Improve footwork, quick directional changes, and reaction time.

Warm-up (5 mins):

- Light jogging, lateral shuffles, and dynamic stretches.

Drills:

- Ladder Drills (e.g., in-and-out, lateral quick steps): 4x15 seconds.
- Cone Drills (e.g., T-drill, zigzag): 3x each drill.
- Short Sprints (10 meters): 6 reps with 20 seconds rest.
- Side-to-Side Shuffles (6 meters): 4x10 seconds.

Cooldown (5 mins): Stretch hips, calves, and lower back.

Day 3: Core Stability

Focus: Build a strong and stable core for rotational power and balance.

Warm-up (5 mins):

- Arm swings, side bends, and light jogging.

Workout:

- Plank with Shoulder Taps: 3x12 taps per side.
- Dead Bug: 3x12 reps.
- Side Plank with Hip Dips: 3x10 per side.
- Medicine Ball Russian Twists: 3x15 twists per side.

Cooldown (5 mins): Stretch obliques and lower back.

Day 4: Active Recovery and Mobility

Focus: Improve flexibility and prevent injury.

Routine (20–30 mins):

- Cat-Cow Stretch: 2x10 reps.
- World's Greatest Stretch: 3x5 per side.
- Hip Flexor Stretch: 3x20 seconds per side.
- Foam Roll Quads, Hamstrings, and Upper Back: 2 mins each area.
- Optional: Light yoga session or walking.

Day 5: Conditioning and Endurance

Focus: Enhance stamina for long matches.

Warm-up (5 mins):

- Light jogging and dynamic stretches.

Workout:

- 30 seconds work / 15 seconds rest:
 - Mountain Climbers.
 - Burpees.
 - Lateral Shuffles.

Rest 2 minutes and repeat circuit 5 times.

Cooldown (5 mins): Stretch calves, hamstrings, and shoulders.

Day 6: Power

Focus: Explosive power for serves and quick reactions for volleys.

Warm-up (5 mins):

- Light jogging and high knees.

Workout:

- Broad Jumps: 3x8.
- Medicine Ball Rotational Throws: 3x10 per side.
- Skater jumps 3x4/4
- Plyometric Push-Ups: 3x8.

Cooldown (5 mins): Stretch quads, glutes, and upper back.

Day 7: Active Recovery

Focus: Light movement.

Routine (20–30 mins):

- 20 minutes of light activity (walking, cycling, or swimming).
- Optional: Meditation or breathing exercises for relaxation.