



**PERIODIZATION PLAN
YEAR AROUND
53 WEEKS**

PLAYER _____

AGE _____ **UTR** _____ **RANKING** _____

MONTH	JANUARY				FEBRUARY				MARCH				APRIL						
WEEK	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17		
TOURNAMENT																			
PHYSICAL TRAINING																			
TENNIS TRAINING																			
TECHNICAL DEVELOPMENT																			
TACTICAL KNOWLEDGE																			
PHYSICAL TRAINING																			
MENTAL TRAINING																			
TRAINING INTENSITY	H																		
	M																		
	L																		

