



Whitnall Tennis Speed, Agility and Core Weeks 1-4

Core Training Whitnall Tennis Day 1		Agility/Speed Training Whitnall Tennis Day 1	
Exercise	Sets x Reps	Exercise	Distance/Reps
Hand-Thigh Deadbug	3x12each	Double Leg Pogo Hop	12reps
Bicycle Crunches	3x12each	Single Leg Pogo Hop	6reps each
Mountain Climbers	3x15sec	2 point acceleration	6x10yards
Lying Leg Lifts	3x15		

Core Training Whitnall Tennis Day 2		Agility/Speed Training Whitnall Tennis Day 2	
Exercise	Sets x Reps	Exercise	Distance/Reps
Front Plank	3x20sec	Side to Side Line Hops	3x10reps
Side Plank	3x20sec	Fwd Bkwd Line Hops	3x10reps
Crunches	3x15	Side Shuffle to Stop	4x10yards (switch sides)
Penguins	3x15each		

Core Training Whitnall Tennis Day 3		Agility/Speed Training Whitnall Tennis Day 3	
Exercise	Sets x Reps	Exercise	Distance/Reps
Russian Twists	3x15each	Side Shuffle Sprint	2x10/10yards
Crunches	3x15each	Sprint to Shuffle	2x10/10yards
V-Ups	2x12	Shuffle to Backpedal	2x10/10yards
Side Crunch	2x10each	One on each side for all the above	

