



STEVE VAUGHAN'S WILD WEST TENNIS

"Camps And Vacations With A Western Flavor"
BEND • SALISHAN • COSTA RICA • PALM SPRINGS • GRAND SLAMS

Pre Match Routine

Ivan Lendl: Former world #1 and current coach of Andy Murray.

6:30am Breakfast of oatmeal and bananas. Add berries for flavor.

7:30am Three to six mile run to build endurance. Run around a golf course or park to keep it fun.

9:00am 100 balls in a row with all parts of your game. If you miss, start over!

11:00am Lunch and relaxing. Usually grilled chicken, fruit and pasta. Take a cat nap.

1:00pm Match play with every loss having a consequence, like pushups or extra running. Use this time to practice your strategy and develop your mental toughness. This is the time to try out a new spin on your serve, or a new technique when you are in trouble.

4:00pm Hit the gym for one hour on the stairmaster and exercise bike, and a full circuit of weight training. Be sure to focus on arms, shoulders, upper back and legs. Crank up the music to keep yourself motivated and happy.

6:30p Dinner and relaxation time. In bed by 9:00.