



# STEVE VAUGHAN'S WILD WEST TENNIS

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

## Pre Match Routine

Brett Hall: Angel Fire Tennis Director, Angel Fire, New Mexico

Here is a workout program I recommend to my students:

An overall balanced program that includes cardio, weight training, flexibility, and balance exercises.

1. Cardio: a mixture of aerobic (you can sustain over a longer period of time) and anaerobic exercises (you can sustain over shorter period like sprints). I would suggest using a bicycle or elliptical machine to protect your joints. I would also recommend mixing in cardio tennis which has the added benefit of training your footwork. Try to get three to five cardio sessions a week (include two anaerobic sessions).

2. Weight training: use light weights or bands with high repetitions (12 to 15) working all of the major body parts; legs, chest, shoulders, biceps, triceps, and abdominal exercises two to three days a week.

3. Flexibility: yoga followed by foam rolling five days a week.

4. Balance: examples are standing on one foot, walking heel to toe, back leg raises, and side leg raises. You can incorporate into your yoga program.

Be sure to use the Internet and YouTube for further detailed information.

Recommended routine and rituals before a tournament or big match.

One week before until two days before your match. Play a high number of sets (singles or doubles specific). Two days before the match; serve several buckets using targets. Day before; 30 minutes of light hitting on all shots.

Day of match: good healthy light breakfast with a balanced mixture of carbs, protein, and fats. Two hours before the match do some yoga followed by foam rolling. Get to the courts 30 minutes early to perform some dynamic stretching exercises and light hitting.