



EXAMPLE OF TRAINING WEEK FOR FULL-TIME PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:00	BREAKFAST (7:00-7:30)	BREAKFAST (7:00-7:30)	BREAKFAST (7:00-7:30)	BREAKFAST (7:00-7:30)	BREAKFAST (7:00-7:30)	BREAKFAST (7:00-7:30)
08:00						
09:00	STRETCHING(30MIN) + TENNIS(90MIN) (9:00-11:00)	WARM UP(30MIN) + TENNIS(90MIN) (9:00-11:00)	WARM UP(30MIN) + TENNIS(120MIN) (9:00-11:30)	TENNIS(180MIN) (10:00-13:00)	WARM UP(30MIN) + TENNIS(90MIN) (9:00-11:00)	WARM UP(30MIN) + TENNIS(120MIN) (09:30-12:00)
10:00						
11:00						
12:00	LUNCH (12:00-14:00)	LUNCH (12:00-14:00)	LUNCH (12:00-14:00)		LUNCH (12:00-14:00)	LUNCH (12:00-14:00)
13:00				LUNCH (13:00-14:00)		
14:00	TENNIS(120MIN) + FITNESS(60MIN) (14:00-17:00)	TENNIS(120MIN) + FITNESS(60MIN) (14:00-17:00)	MENTAL TRAINING (14:30-15:30)	FITNESS(60MIN)(15:00-16:00)	TENNIS(120MIN) + FITNESS(60MIN) (14:00-17:00)	
15:00						
16:00			MASSAGE (15:30-16:30)			
17:00		STRETCHING (17:00-18:00)		YOGA (17:00-18:00)		
18:00	DINNER (18:00-19:00)	DINNER (18:00-19:00)	DINNER (18:00-19:00)	DINNER (18:00-19:00)	DINNER (18:00-19:00)	DINNER (18:00-19:00)
19:00	FREETIME ACTIVITIES (19:00-22:00)	FREETIME ACTIVITIES (19:00-22:00)	FREETIME ACTIVITIES (19:00-22:00)	FREETIME ACTIVITIES (19:00-22:00)	FREETIME ACTIVITIES (19:00-22:00)	FREETIME ACTIVITIES (19:00-22:00)
20:00						
21:00						