# Periodization

## Tennis Specific Training

<table>
<thead>
<tr>
<th>Month</th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week</td>
<td>21-28</td>
<td>29-36</td>
<td>37-43</td>
<td>44-51</td>
<td>52-1</td>
<td>2-9</td>
</tr>
<tr>
<td>Days</td>
<td>8-12</td>
<td>13-19</td>
<td>20-26</td>
<td>27-33</td>
<td>34-40</td>
<td>41-47</td>
</tr>
</tbody>
</table>

### Tennis Testing

- **Original**<br>  - **Sprint**<br>  - **Change of Direction**<br>  - **Jumps**

### Events

- **Internal**<br>  - **Performance Tests**<br>  - **Technical Tests**

### Competition

- **Circuit 1**<br>  - **Col 1**<br>  - **ECU 1**

### Training Phase - Micro-Cycle

- **Lower Body Power**
- **Recovery Effort**

### Micro Cycle

- **Preparation**
- **Technical**
- **Pre-Competition**

### Type of Court Surface

- **Hard Court**
- **Clay Court**
- **Grass Court**

### Peaking From Now

- **Peak Power Phase**
- **Peak Match Phase**

### Long Term Skills

- **Power and Agility**

### Tactical Strategy

- **Style of Play**
- **Playing Strategy and Movements**

### Tennis Specific

- **Match Performance**
- **Physical Tests**

### Propose Technical Skills

- **Propose Tactical Skills**
- **Propose Strategy Drill**

### Training Load

- **Specific**
- **Technique & Tactics**
- **Physical Fitness**

### Competition Phase

- **Transition**
- **Review Timeline**
- **Micro-Cycle**
- **Peak**

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