EXAMPLE OF TRAINING WEEK FOR TENNIS CAMP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00	**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)
8:00						
9:00	**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)	**WARM UP(30MIN) + TENNIS(90MIN)** (9:00-11:00)	**WARM UP(30MIN) + TENNIS(90MIN)** (9:00-11:00)	
10:00						**TENNIS(120MIN)** (10:00-12:00)
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)	**LUNCH** (12:00-14:00)
13:00						
14:00	**TENNIS(120MIN) + FITNESS(60MIN)** (14:00-17:00)	**TENNIS(120MIN) + FITNESS(60MIN)** (14:00-17:00)		**TENNIS(120MIN) + FITNESS(60MIN)** (14:00-17:00)	**TENNIS(120MIN) + FITNESS(60MIN)** (14:00-17:00)	
15:00						
16:00						
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						