

3 SERIES EACH

Ball Throws
Accelerations
Squat Jumps
Medicine Ball Slams
Band Triangle
Complete Serves

	MONDAY			TUESDAY		V	VEDNESDA	Y		THURSDA	Y		FRIDAY		5	SATURDA'	Y		SUNDAY	
Serve	Harder Ti	raining	Serve	Harder T	raining	Serve	Harder Ti	raining	Serve	Harder T	raining									
F	Repetitions	s		Repetitions	s		Repetitions	s		Repetitions	3		Repetitions	;		Repetitions	s		Repetitions	s
Beg.	Interm.	Adv.																		
6	8	10				6	8	10				6	8	10						
10	10	10				10	10	10				10	10	10	TOU	RNAMENT	T OR	TOU	RNAMEN	T OR
5	7	10		REST		5	7	10		REST		5	7	10		REST			SERVES	
5	8	10				5	8	10				5	8	10						
10	10	10				10	10	10				10	10	10						
10	15	20				10	15	20				10	15	20						
									N.	HTMON	2									

MONTH 1

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	MONDAY			TUESDAY		V	VEDNESDA	Υ		THURSDA	Υ		FRIDAY			SATURDAY	Y		SUNDAY	
Serve	Harder Ti	raining	Serve	Harder Tr	raining	Serve	Harder Ti	raining	Serve	Harder T	raining	Serve	Harder Ti	raining	Serve	Harder Ti	raining	Serve	Harder Ti	raining
	Repetitions	s		Repetitions	ŝ	1	Repetitions	s		Repetitions	s		Repetitions	3		Repetitions	s		Repetitions	š
Beg.	Interm.	Adv.																		
			8	10	12	8	10	12	8	10	12									
			12	12	12	12	12	12	12	12	12				TOU	JRNAMENT	ΓOR	TOU	RNAMENT	ΓOR
	REST		7	9	12	7	9	12	7	9	12		REST			REST			SERVES	
			6	8	12	6	8	12	6	8	12									
			12	12	12	12	12	12	12	12	12									
			10	15	20	10	15	20	10	15	20									

YOU SHOULD BE SERVING ATLEAST 10 MPH FASTER. IF YOU WANT TO REACH PAST 10 TO 20 MPH COMPLETE MONTH 3.

MONTH 3

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Complete Serves

	MONDAY TUESDAY			V	VEDNESDA	Y		THURSDAY	Y		FRIDAY		5	SATURDAY	Y		SUNDAY			
Serve	Harder Ti	raining	Serve	Harder Tr	raining	Serve	Harder Tr	aining	Serve	Harder Ti	raining	Serve	Harder Tr	aining	Serve	Harder Ti	raining	Serve	Harder Ti	raining
·	Repetitions	3		Repetitions	ŝ		Repetitions	i i		Repetitions	3		Repetitions			Repetitions	3		Repetitions	3
Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.
10	12	14				10	12	14				10	12	14						
14	14	14				14	14	14				14	14	14	TOU	RNAMENT	ΓOR	TOU	RNAMEN	OR
8	10	13		REST		8	10	13		REST		8	10	13		REST			SERVES	
8	10	14				8	10	14				8	10	14						
14	14	14				14	14	14				14	14	14						
10	15	20				10	15	20				10	15	20						

Plan a tournament around this week as you should be performing at your best.

Tournament

CONGRATS YOU SHOULD BE PAST 20 MPH FROM YOUR ORIGINAL SERVICE SPEED!



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	MONDAY			TUESDAY		V	VEDNESDA	Y		THURSDA	Y		FRIDAY			SATURDAY	Y		SUNDAY	
Serve l	Harder Tr	aining	Serve	Harder Tr	raining	Serve	Harder Ti	raining	Serve	Harder Ti	raining	Serve	Harder Tr	aining	Serve	Harder Tr	raining	Serve	Harder Tr	raining
F	Repetitions		1	Repetitions	š		Repetitions	S		Repetitions	3		Repetitions	;		Repetitions	ŝ		Repetitions	s
Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.
10	12	15				10	12	15				10	12	15						
10	12	15				10	12	15				10	12	15	TOL	JRNAMENT	ΓOR	TOU	JRNAMENT	ΓOR
10	10	15		REST		10	10	15		REST		10	10	15		REST			SERVES	
10	15	18				10	15	18				10	15	18						
8	10	12				8	10	12				8	10	12				10	NLY 1 SERI	ES
10	15	20				10	15	20				10	15	20				30	50	80
									N	HTMON	2									

MONTH 1

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	MONDAY			TUESDAY		V	VEDNESDA	Y		THURSDA	Y		FRIDAY			SATURDAY	Y		SUNDAY	
Serve	Harder Ti	raining	Serve	Harder Tr	raining															
1	Repetitions	s		Repetitions	š		Repetitions	s	1	Repetitions	s									
Beg.	Interm.	Adv.																		
			12	15	20	12	15	20	12	15	20									
			15	20	25	15	20	25	15	20	25				TOU	RNAMENT	r or	TOU	IRNAMENT	ΓOR
	REST		12	15	20	12	15	20	12	15	20		REST			REST			SERVES	
			15	20	25	15	20	25	15	20	25									
·			10	12	15	10	12	15	10	12	15							ON	ILY 1 SERI	IES
			15	20	30	15	20	30	15	20	30							40	70	110

YOU SHOULD BE SERVING ATLEAST 10 MPH FASTER. IF YOU WANT TO REACH PAST 10 MPH COMPLETE MONTH 3.

MONTH 3

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Complete Serves

	MONDAY			TUESDAY		V	VEDNESDA	Y	1	THURSDAY	1		FRIDAY		5	SATURDAY	Y		SUNDAY	
Serve	Harder Tr	aining	Serve	Harder Tr	raining	Serve	Harder Tr	aining	Serve	Harder Ti	raining	Serve	Harder Tr	aining	Serve	Harder Ti	raining	Serve	Harder T	raining
	Repetitions		I	Repetitions	;		Repetitions			Repetitions	;		Repetitions			Repetitions	3		Repetitions	3
Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.
15	20	25				15	20	25				15	20	25						
20	25	30				20	25	30				20	25	30	TOU	RNAMENT	ΓOR	TOU	JRNAMEN	r or
15	20	30		REST		15	20	30		REST		15	20	30		REST			SERVES	
20	25	30				20	25	30				20	25	30						
12	15	20				12	15	20				12	15	20				01	NLY 1 SER	ES
20	25	40				20	25	40				20	25	40			·	60	90	150

Plan a tournament around this week as you should be performing at your best.

Tournament

CONGRATS YOU SHOULD BE PAST 20 MPH FROM YOUR ORIGINAL SERVICE SPEED!

YOU WILL BE SERVING HARDER THAN EVER BEFORE! MAKE SURE TO WARM UP BEFORE AND STRETCH AFTER TRAINING TO PREVENT INJURIES.



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MOUDAY TURADAY WEDUCADAY								ONTH												
	MONDAY			TUESDAY		V	/EDNESDA	Y		THURSDAY	<u> </u>		FRIDAY			SATURDA	Y		SUNDAY	
Serve	Harder Ti	aining	Serve	Harder Ti	raining	Serve	Harder Ti	raining	Serve	Harder Tr	aining	Serve	Harder Tr	raining	Serve	Harder Ti	raining	Serve	Harder Ti	raining
	Repetitions	;		Repetitions	S		Repetitions	3		Repetitions	,		Repetitions	;		Repetitions	3		Repetitions	s
																		•		
Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.
10	12	15				10	12	15				10	12	15						
12	15	18				12	15	18				12	15	18	TOU	RNAMENT	ΓOR	TOURNAMEN		ΓOR
10	15	20		REST		10	15	20		REST		10	15	20		REST			SERVES	
10	15	18				10	15	18				10	15	18						
10	12	15				10	12	15				10	12	15				10	ILY 1 SER	ES
20	30	40				20	30	40				20	30	40				30	50	80
·		·							N	MONTH	2									

MONTH 1

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Complete Serves

	MONDAY			TUESDAY		V	VEDNESDA	Y		THURSDA	Y		FRIDAY		!	SATURDAY	Y		SUNDAY	
Serve	Harder Ti	raining	Serve	Harder Tr	raining	Serve	Harder Tr	raining	Serve	Harder Ti	raining	Serve	Harder Ti	raining	Serve	Harder Tr	raining	Serve	Harder Ti	raining
	Repetitions	s		Repetitions	ŝ		Repetitions	s		Repetitions	s		Repetitions	3		Repetitions	s		Repetitions	s
Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.												
			12	15	20	12	15	20	12	15	20									
			15	20	25	15	20	25	15	20	25				TOURNAMENT OR		ΓOR	TOU	JRNAMENT	ΓOR
	REST		15	20	25	15	20	25	15	20	25		REST			REST			SERVES	
			15	20	25	15	20	25	15	20	25									
			12	15	20	12	15	20	12	15	20							ON	NLY 1 SER	IES
			25	35	45	20	30	40	20	30	40							40	70	110

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	MONDAY TUESDAY			W	/EDNESDA	Υ	1	THURSDAY	1		FRIDAY		9	SATURDAY	1		SUNDAY			
Serve	Harder Tr	raining	Serve	Harder Tr	raining	Serve	Harder Tı	raining	Serve	Harder Tı	raining	Serve	Harder Tr	aining	Serve	Harder Tı	raining	Serve	Harder T	raining
	Repetitions	3		Repetitions	š		Repetitions	;		Repetitions	;		Repetitions			Repetitions	;		Repetitions	3
Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.
13	16	21				13	16	21				13	16	21						
20	25	30				20	25	30				20	25	30	TOU	RNAMENT	OR	TOL	IRNAMEN	ΓOR
20	25	35		REST		20	25	35		REST		20	25	35		REST			SERVES	
20	25	30				20	25	30				20	25	30						
15	18	25				15	18	25				15	18	25			·	10	ILY 1 SER	ES
35	45	60				35	45	60				35	45	60				60	90	150

MONTH 3

Plan a tournament around this week as you should be performing at your best.

Tournament

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