



									MONTH 1 THURSDAY														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY					
Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training					
Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions					
Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.			
6	8	10				6	8	10				6	8	10									
10	10	10				10	10	10				10	10	10	TOURNAMENT OR REST			TOURNAMENT OR SERVES					
5	7	10		REST		5	7	10		REST		5	7	10									
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									
									MONTH 2														

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training		
Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions		
Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.
			8	10	12	8	10	12	8	10	12									
			12	12	12	12	12	12	12	12	12				TOURNAMENT OR			TOURNAMENT OR		
	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											
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training		
Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions		
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	TOURNAMENT OR REST			TOURNAMENT OR SERVES		
8	10	13		REST		8	10	13		REST		8	10	13						
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!

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



3 SERIES EACH

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

MONDAY			TUESDAY			WEDNESDAY			MONTH 1 THURSDAY			FRIDAY			SATURDAY			SUNDAY		
Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training		
Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions		
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	TOURNAMENT OR REST			TOURNAMENT OR SERVES		
10	10	15		REST		10	10	15		REST		10	10	15						
10	15	18				10	15	18				10	15	18						
8	10	12				8	10	12				8	10	12				ONLY 1 SERIES		
10	15	20				10	15	20				10	15	20				30	50	80

3 SERIES EACH

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

MONDAY			TUESDAY			WEDNESDAY			MONTH 2 THURSDAY			FRIDAY			SATURDAY			SUNDAY		
Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training		
Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions		
Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	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 REST			TOURNAMENT OR SERVES		
	REST		12	15	20	12	15	20	12	15	20		REST							
			15	20	25	15	20	25	15	20	25									
			10	12	15	10	12	15	10	12	15							ONLY 1 SERIES		
			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.

3 SERIES EACH

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

MONDAY			TUESDAY			WEDNESDAY			MONTH 3 THURSDAY			FRIDAY			SATURDAY			SUNDAY		
Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training		
Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions		
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	TOURNAMENT OR REST			TOURNAMENT OR SERVES		
15	20	30		REST		15	20	30		REST		15	20	30						
20	25	30				20	25	30				20	25	30						
12	15	20				12	15	20				12	15	20				ONLY 1 SERIES		
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.



									MONTH 1 THURSDAY														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY					
Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training					
Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions					
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	TOURNAMENT OR			TOURNAMENT OR					
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				ONLY 1 SERIES					
20	30	40				20	30	40				20	30	40				30	50	80			
									MONTH 2														

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training		
Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions		
Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	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			TOURNAMENT OR		
	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							ONLY 1 SERIES		
			25	35	45	20	30	40	20	30	40							40	70	110

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

									MONTH 3											
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training		
Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions		
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	TOURNAMENT OR REST			TOURNAMENT OR SERVES		
20	25	35		REST		20	25	35		REST		20	25	35						
20	25	30				20	25	30				20	25	30						
15	18	25				15	18	25				15	18	25				ONLY 1 SERIES		
35	45	60				35	45	60				35	45	60				60	90	150

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Tournament

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