



# TRAVEL READY

Travelling is a challenge for everyone, but as an athlete there is even more you need to consider.

**NATHAN & GISELLE MARTIN** explain.

Tennis is a year round sport with tournaments played globally and often in hot conditions. Travelling on tour can be brutal for players, as there are many different factors that need to be considered. They range from changing time zones, managing jet lag, coping with new cuisines to cultural and language barriers. To ensure health and fitness are not compromised, it's important to be prepared.

Adopting these simple but effective measures can help improve a travel experience...

## Planning

Make the Internet your best friend before travelling. Research prior to arriving at destinations to learn the location of grocery shops, health food stores, restaurants, gyms and pools. Organise a schedule, which includes training and meal plans, before departing to ensure your routine is maintained on the road. It is still important to be flexible and not to expect anything when you travel, however being prepared can eliminate some stress and save valuable time.

## Health

Flying between different conditions and time zones can impact your health. Illness affects performance and can be the difference between winning and losing, which is why preventative measures such as the following are important:

- Be consistent with vitamins and supplements.
- Use a salt water nose spray every few hours when flying.
- Take warm clothes you can layer on the plane as temperature often fluctuates.

- Use a hand sanitiser when needed each day.
- Avoid using air conditioning in the room at night when sleeping.
- Avoid eating convenient or junk food as it stresses the immune system.

## Equipment

Being on the road is no excuse for not training. Often tournaments have training facilities, but if they don't it is important to be prepared. Travel with training equipment and set up a portable gymnasium from a hotel room or even a local park or beach. Resistance bands (as Caroline Wozniacki is using below) are the perfect travel companion - not

only are they light and compact, but they are a versatile piece of equipment.

## Training

If your trainer is not travelling with you, get them to design a program to follow. Players often work hard during training blocks, but make the mistake of not doing the same during tournaments or when travelling. Maintaining strength and conditioning is important for any player, so it is vital to always dedicate time to it. Communication is key too, so keep in regular contact with your trainer and share insights into how your body is feeling incase adjustments need to be made to the program. **ATM**



## STAR TRAINERS

**NATHAN AND GISELLE MARTIN**, of Tennis Fitness, have been in the health and fitness industry for 20 years. They travelled on the WTA Tour for numerous years and also worked at the Sanchez Casal Tennis Academy in Barcelona, Spain. They've worked with Sam Stosur, Svetlana Kuznetsova, Jennifer Capriati, Arantxa Sanchez Vicario, Monica Seles, Martina Navratilova, Casey Dellacqua and Lleyton Hewitt. For further information and for previous articles, visit [tennisfitness.com](http://tennisfitness.com).