

A TARGETED APPROACH

Identifying a starting point and a target is important for any athlete – but especially so when it comes to improving your tennis fitness.

NATHAN & GISELLE MARTIN explain.



MOVEMENT MATTERS: The speed that pros like Galina Voskoboeva display is achieved by targeted training and regular testing.

Where do you start when you want to transform your body and fitness? It is a challenge every player faces.

Knowing your starting point and having something to aim for will help.

To gain a better understanding of a player's fitness level, we ask them to perform fitness tests twice a year. These tennis-specific tests have been developed to provide insight on a player's strengths and weaknesses.

Understanding weaknesses is vital to improve fitness levels, as they highlight the areas that need the most attention.

This is a more effective approach than training the same way day in, day out without enough focus on the specific areas that need attention. Many players and coaches make this mistake and wonder why attributes such as speed, reaction times and strength are not improving.

Identifying the areas that need to improve is the key and fitness testing is the method that reveals them.

Focusing on and improving physical weaknesses then allows athletes to transform how they move and feel.

Confidence can be a major hindrance to improvement but when a player focuses and trains for their weaknesses, they typically record better results when they retest. This inflates their self-belief, helping them see a reward for their hard work.

So to transform your body and fitness, start by finding out what you need to focus on, set goals and then go for it. **ATM**

FITNESS TIP

Lacking good acceleration on court?

The common response for any player described as 'slow off the mark' is to do short sprints and reaction work to try and improve this. However poor strength is generally the underlying issue.



Steps to transforming your fitness

- 1 See a tennis trainer who does testing or learn some testing protocols.
- 2 Set goals and train towards them.
- 3 Re-test biannually.

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 Lleyton Hewitt, Sam Stosur, Svetlana Kuznetsova, Jennifer Capriati, Arantxa Sanchez Vicario, Monica Seles and Martina Navratilova. The Sydney-based pair now works with Casey Dellacqua. For further information and for previous month's articles, visit tennisfitness.com.



Test yourself using Lleyton Hewitt's own tennis fitness test - available at www.lleytonhewittapp.com