

BUILD YOUR ENDURANCE

Essential to maintaining athleticism and concentration, endurance is a skill that players of all ages and abilities should aim to improve. **NATHAN & GISELLE MARTIN** provide a program to help.



SHOW OF STRENGTH: Dominic Thiem can maintain his famous athleticism for many hours.

We remember starting out as a tennis-specific trainers over 15 years ago.

The training techniques used then are very different to today.

To build their endurance, players would do more general fitness conditioning work. This included activities such as road running and stationary bike riding. Lleyton Hewitt, in particular, loved this kind of training. Early in our pre-season, we'd undertake loads of hill running, stairs and run-swim combinations. Those sessions

definitely have their place - they were gruelling sessions that helped Hewitt develop his renowned resilience.

However, fitness practices have changed a lot. We now know the benefit of following specific endurance training programs for tennis athletes far outweighs those that arise from general conditioning training.

The use of tennis data is one of the key reasons for that change. We are using data to structure training protocols to improve players' capacity for endurance, as well as their recovery between

points and matches. Knowing the length of points, sets and matches provides trainers with a greater understanding of the target areas that need to be addressed and how to set up training plans for players.

NINE THREADS

The 'nine threads' training model is a tool we developed in 2017 with a team of experienced trainers. We considered such questions as the importance of flexibility, endurance, strength, power and movement in the perfect player.

We came up with nine areas every player should focus on. Endurance - or to put it more technically, a high aerobic threshold - was high on the list. This exercise helped us develop a programming model to build up a player's endurance and make it specific to the demands of that athlete.

SHORT AND SHARP

Building a player's endurance need not be slow and boring - in fact, a focus on time intervals from the outset helps get the body used to the stop-start nature of tennis. It far outweighs the slow long distance (SLD) training of the past.

MAXIMAL AEROBIC SPEED

To help readers build their endurance, we are providing you with stage one of our Maximal Aerobic Speed Program (MAS), along with our Maximal Aerobic Speed

Testing protocol. It will enable you to establish your current endurance base and follow a program designed to boost it.

After you complete the MAS test (left) you will have clear running (distance) targets you need to hit, within set time frames. Recovery periods are set for you too.

IMPORTANT IMPROVEMENTS

Regardless of your age or level, improving your endurance is an important objective. Doing so will help you maintain higher levels of athleticism and concentration for longer periods. It will also help your recovery from those gruelling battles. **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 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.

MAXIMAL AEROBIC SPEED (MAS) TEST

1. Mark out 10m, 20m and 30m distances on a tennis court or on an oval.
2. Start the timer.
3. Run to the 10m marker and back, run to the 20m marker and back and then run to the 30m marker and back. Complete 10 sets (total of 1.2km) without stopping (continuous running).
4. You need to get one foot over the line. Do not stop and rest at each marker. You need to change direction at each marker as fast as possible and keep running. Make sure you alternate what foot you are pushing off each end. All running is forward facing.
5. When you've finished the 10 continuous sets, stop the timer and record your time.
6. Download your individual MAS Program from tennisfitness.com/p/tennis-endurance. This will enable you to record your results in the excel spreadsheets.

On recording the times from the test above, the MAS program will calculate your individual tennis training requirements and objectives for distance and time.

