

WHAT A TRAINING WEEK LOOKS LIKE

A TYPICAL WEEK OF PHYSICAL DEVELOPMENT

3 × 1 HOUR EXPOSURES



WALKER PASHEN
ATHLETIC PERFORMANCE

AREA	TYPICAL EXPOSURE (WEEKLY)	WHAT IT INCLUDES
 STRENGTH, POWER & ROBUSTNESS	2 × 30–45 MIN PER WEEK	Strength • Power • Jumping • Throwing Landing • Robustness
 SPEED & MOVEMENT	45–60 MIN / WEEK	Acceleration • Deceleration • Braking Change of Direction
> SPRINT EXPOSURE	1–2 EXPOSURES / WEEK	Progressive exposure to high-speed / maximal-intent sprinting
 PREP SESSIONS	1–4 UP TO 30 MIN	Theme changes across blocks with tennis coach and S&C collaboration and current performance problems.
 INDIVIDUAL PHYSICAL DEVELOPMENT	30–60 MIN / WEEK	Identified through screening, physical testing and growth & maturation status
 MOBILITY	5–10 MIN DAILY (INDEPENDENT)	Generic or individual work
 PRE-TENNIS WARM-UP	5–10 MIN EVERY SESSION	
 REST & RECOVERY	1 MINIMUM DAY / WEEK	A planned and protected rest day from structured training



THE EMPHASIS CHANGES

All physical qualities continue to be developed throughout the year.

The emphasis changes in line with our **physical development curriculum**, while being adapted to each athlete's stage of development, individual needs and readiness to progress, where appropriate.

WORKING TOGETHER: PROGRAMME EXPECTATIONS



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WHAT WE NEED FROM PLAYERS, PARENTS AND THE PERFORMANCE TEAM TO SUPPORT LONG-TERM DEVELOPMENT.

01



TRAINING MONITORING

REQUIRED

Players report. Parents support.



Training duration



Session RPE



Wellness

Players consistently record training duration, session RPE and wellness through the app provided, including all structured tennis, S&C and tournaments.



This supports us to monitor athletes' load and any dips or spikes that may promote injury risks.



This is also a contractual requirement by the LTA and must be completed consistently.

02



WEEKLY SCHEDULE

Let's sit down and get your weekly schedule.

- Training sessions
- Planned rest day(s)
- Tournament plans
- Travel / commitments
- Anything else relevant



Having this visibility helps us manage total load, plan appropriately and support long-term development.

03



FLAG PAIN EARLY

Players should flag pain, persistent soreness or recurring hot spots early so we can record, track and monitor them, particularly around tennis demands and periods of growth.



Shoulder / Elbow



Back



Hip / Groin



Knee



Achilles / Heel



We monitor physical development and adapt training appropriately, but we do not diagnose injuries. Where further assessment is appropriate, we'll communicate with you and refer you to Anthony Carter or another recommended physiotherapist.

04



FUEL & HYDRATION

NON-NEGOTIABLE

We are fuelling growth AND training.

Young athletes have significant energy demands from growth, school, tennis and physical training. Coming from school appropriately fuelled is particularly important.



Snacking and hydration opportunities during training are non-negotiable, with protected time to refuel between tennis and S&C.

THE ATHLETE

100% EFFORT AT ALL TIMES

Players will get more out of every session if they bring 100% effort, focus and attitude with them.

05



DEVELOP THE PERSON

More than a tennis player.

We want athletes to develop qualities that support them in sport and beyond.



Confidence



Independence



Communication



Ownership



Good habits



Resilience



The person comes first, regardless of sporting success.

06



DEVELOP THE ATHLETE

Build the biggest possible toolbox.

Our aim is to develop healthy, adaptable and well-rounded athletes for the long term, not short-term physical outcomes.



Long-term Development



Appropriate Progression



Movement Variety



Safety



As tennis is an early-specialisation sport, games, different sports and varied physical challenges are deliberately included to broaden movement experiences and develop a bigger athletic toolbox.

07



OPEN & HONEST COMMUNICATION

Tell us when things change.



School



Exams



Travel



Sleep



Fatigue



Emotions



Competition



Training



We don't need to know everything, but information that may influence wellbeing, recovery or training readiness helps us make better decisions.



PLAYER



PARENTS



TENNIS COACHES



S&C COACHES



OTHER SUPPORT STAFF

The more we understand the whole picture, the better we can make appropriate decisions and support each athlete throughout their long-term development as a performance team.



GROWTH & MATURATION

UNDERSTANDING PHYSICAL DEVELOPMENT AND WHAT IT MEANS



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Growth and maturation happen at different times and at different rates.
Two players of the same age can be at very different stages of physical development.

STAGES OF DEVELOPMENT	1 PRE-PHV BEFORE RAPID GROWTH	2 RAPID GROWTH / CIRCA-PHV PERIOD OF MAXIMUM GROWTH VELOCITY	3 POST-PHV AFTER RAPID GROWTH
PHYSICAL CHANGES	Steady growth Gradual strength development Developing movement skills	Height & limb length increase Body mass & proportions change Coordination & movement may change Strength relative to body mass may decrease	Strength & muscle mass increase Power & speed potential increase Body shape & composition mature
WHAT YOU MIGHT NOTICE	- Steady improvements - Good movement control - Lower risk of growth-related pain - Learning & skill development phase	- Coordination & movement control may fluctuate - Increased soreness, stiffness or fatigue - Changes in speed, jumping or power (may go backwards) - Growth-related pain more common - Performance may look inconsistent - Athlete may look less physically capable despite continuing to develop	- Improvements in strength, power & speed - Better movement efficiency - Lower risk of growth-related pain - Increasing training capacity
POTENTIAL HOT SPOTS	Lower risk, but growth-related aches can still occur. 	Heel / Achilles Knee Hip / Groin Lower Back Monitor closely. Track growth, pain, wellness and training response more frequently.	Risk reduces, but overuse injuries can still occur with high training loads.
TRAINING & SPORTING LOAD	Training and sporting load are typically well tolerated. Focus on quality movement, skills and building a strong foundation.	Load may be reduced or changed at times. Examples include: - Reducing or redistributing sporting hours - Adjusting training volume, intensity or exercise selection - Prioritising movement quality, recovery and pain management	Training and sporting load can gradually increase as capacity improves. Continue to progress with quality and purpose.

GIRLS vs BOYS

HOW CIRCA-PHV CAN DIFFER



GIRLS

- Typically enter rapid growth **earlier**
- Changes in body mass, shape and composition, including increases in **fat mass**
- Physical performance development can be **less linear** through adolescence
- Strength and neuromuscular development remain important throughout



BOYS

- Typically enter rapid growth **later**
- Often experience a larger **growth spurt**
- Greater increases in **lean / muscle** mass tend to follow PHV
- Strength, power and speed often show **larger, more linear improvements** through later adolescence



These are general trends, not rules. Timing, rate and response to maturation vary considerably.

TIMING OF RAPID GROWTH (PHV) Varies between individuals.



EARLY

PHV occurs earlier than average for their peers.



ON TIME

PHV occurs around the average age for their peers.



LATE

PHV occurs later than average for their peers.

RESPECTING GROWTH & MATURATION MATTERS



AFFECTS PERFORMANCE

What looks like a dip in performance may simply reflect growth, not a lack of ability.



ADAPT TO PROTECT

Smart decisions on training and load help reduce injury risk and support long-term development.



NOT A SETBACK

This phase is temporary and part of development. Patience, process and support matter.



ONE OF MANY FACTORS

Maturation is one piece of the puzzle. Sleep, nutrition, stress, illness, school, travel and life all add into the load.