

**Presentation Notes**

<b>Date:</b>	8-Sep-19
<b>Venue:</b>	Tennis Congress
<b>Topic:</b>	Golden Rules For Tennis Specific Fitness Training
<b>Speaker:</b>	Dr Mark Kovacs
<b>Access:</b>	You Tube
<b>Key Learnings:</b>	Core work needs to be prioritised.
	Energy gets transferred from the ground through your core and out.
	Start training with core work and finish with core work.
	Core is more than just abs - its trunk and hips.
	Tennis is played with the majority of weight on one leg.
	Do lots of single leg work, one step lunges etc
	Technique is very important when working out on one leg.
	As we get older, we lose strength and balance decreases.
	Tennis players need to have dynamic balance.
	Players can get into 300 different positions during a match.
	Tennis players need functional flexibility.
	Work on speed training before you are fatigued
	Do not do speed exercises after long runs, late in the day , after training or after matches.
	Do speed exercises while you are fresh.
	Prehab is injury prevention.
	The more stability in the joints, the more force you can generate, meaning more power.
	Certain exercises prevent injury and certain exercises improve performance.
	Most points played are less than 10 seconds long.
	Training needs to be done with that time frame in mind.
	Train with lots of high intensity and short interval training.
	For every 10 seconds of work, players should have 20-25 seconds of rest.
	Players only have a certain number hours a week to allocate to fitness so train smart.
<b>Additional Notes:</b>	