



## 2025 WEEKLY TRAINING SCHEDULE

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>On court (# of hours)</b>							
<b>Gym (# of hours)</b>							
<b>Physiotherapy /Massage</b>							
<b>Sport Psychology</b>							
<b>Other</b>							