HaysMed

Interval Racket Sports Program

General Principles:

The athlete should always perform an appropriate warm-up including stretching exercises before hitting. The athlete should ice the affected extremity for 20 minutes following all activities throughout the protocol. The athlete should perform the workouts every other day, and progress to the next phase when able to complete current phase without pain or difficulty.

The following key will be used throughout the protocol:

FH = forehand S = Serve FB = backhand OH = overhead

Week 1:	Day 1	Day 3	Day 5
	12 FH	15 FH	15 FH
	8 BH	8 BH	10 BH
	10 min. rest	10 min. rest	10 min. rest
	13 FH	15 FH	15 FH
	7 BH	7 BH	10 BH
Week 2:	Day 1	Day 3	Day 5
	25 FH	30 FH	30 FH
	15 BH	20 BH	25 BH
	10 min. rest	10 min. rest	10 min. rest
	25 FH	30 FH	30 FH
	15 BH	20 BH	15 BH
			10 OH
Week 3:	Day 1	Day 3	Day 5
	30 FH	30 FH	30 FH
	25 BH	25 BH	30 BH
	10 OH	15 OH	15 OH
	10 min. rest	10 min. rest	10 min. rest
	30 FH	30 FH	30 FH
	25 BH	25 BH	15 OH
	10 OH	10 OH	10 min. rest
	2 S	2 S	30 FH
			30 BH
			15 OH
Week 4:	Day 1	Day 3	Day 5
	30 FH	30 FH	30 FH
	30 BH	30 BH	30 BH
	10 OH	10 OH	10 OH
	10 min. rest	10 min. rest	10 min. rest
	Play 3 games	Play set	Play 1 ½ sets
	10 FH	10 FH	10 FH
	10 BH	10 BH	10 BH
	5 OH	5 OH	5 OH

Reference:

Wilk, K. E. & Arrigo, C. A. Interval sport program for the shoulder. In Andrews, J. R., Wilk, K. E. (eds): The Athlete's Shoulder. New York, NY, Churchill Livingstone, 1994.

Revised 08/2026