

Training and Match Exposure Form

Please find below examples of how to measure training and match exposure in tennis.

- Example 1 represents a rudimentary way of tracking the duration of tennis-related activities.
- Example 2 quantifies the (perceived) intensity, volume and type of tennis-related activities.
- Example 3 offers more granular dissection of the load of on-court tennis activities, where sensor and camera technologies are deployed to quantify the type (and intensity) of each tennis shot or movement.

Example 1. Basic training and match exposure (time)

Player's reference number: _____

Exposure per week (in minutes):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total mins/week
Matchplay (singles)	-	-	150	-	90	55		295
Matchplay (doubles)	-	-	-	-		105	70	175
Tennis skills & drills	120	120	-	60	60	25	-	385
Strength training	30	-	-	-	40	-	-	70
Conditioning	50	35	-	-	20	-	-	105
Movement/speed/agility	10	-	20	35	-	-	-	65
Body management skills	-	-	50	-	-	30	-	80
Other sports	-	-	60	-	-	-	-	60

Example 2: Training and match exposure (intensity, time & load)

Player's reference number: _____

		sRPE (1-10)	Duration (minutes)	Load (AU)	Sports code
Day 1	Session 1	4	60	240	3
	Session 2	5	90	450	3
	Session 3	5	60	300	5
Day 2	Session 1	6	90	540	1
	Session 2	4	70	280	2
	Session 3	1	20	20	5
Day 3	Rest				-
Day 4	Session 1	4	90	360	5
	Session 2	3	60	180	7
Day 5	Session 1	3	40	120	3
	Session 2	6	150	900	1
	Session 3	4	60	240	3
	Session 4	7	40	280	5
Day 6	Session 1	6	60	360	6
	Session 2	4	135	540	8
Day 7	Rest				-

AU = Arbitrary Unit; sRPE = session Rate of Perceived Exertion

Sports coding:

- | | |
|---------------------------|-------------------------------|
| 1. Matchplay (singles) | 5. Conditioning |
| 2. Matchplay doubles | 6. Movement / speed / agility |
| 3. Tennis skills & drills | 7. Body management skills |
| 4. Strength training | 8. Other sports |

Example 3. Training and match exposure (type of stroke, number & velocity; distance, acceleration & changes of direction)

Player's reference number: _____

		Serves		Forehands		Backhands		Movement		
		Number (n)	Mean velocity (km/hr)	Number (n)	Mean velocity (km/hr)	Number (n)	Mean velocity (km/hr)	Distance (m)	Total acceleration (m.s ⁻²)	Changes of direction (n)
Day 1	Session 1	34	153	220	99	151	89	4278	1908	162
	Session 2	66	172	180	95	110	88	2936	1498	165
Day 2	Session 1	26	146	198	93	146	91	3333	1678	84
	Session 2	82	174	232	94	166	87	3454	1819	109
Day 3	Session 1	88	171	159	100	126	90	3724	1860	208
	Session 2									
Day 4	Session 1	46	169	190	101	171	85	3245	1556	74
	Session 2	10	176	246	98	168	85	4319	2078	177
Day 5	Session 1	38	165	112	98	205	91	3338	1752	146
	Session 2	72	160	144	100	108	94	2938	1510	143
Day 6	Session 1	18	164	149	96	94	89	3423	1609	172
	Session 2	22	158	56	95	44	88	2558	914	70
Day 7	Rest									