



Fit to Play Tennis: High Performance Training Tips

Carl Petersen, Nina Nittinger

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This physical and mental training manual arms athletes, coaches, parents, and sports scientists with an easy-to-follow, seven-point plan to enhance performance, limit injuries, and help tennis players avoid overtraining and burnout. Delivering practical tips and techniques that integrate the numerous factors influencing tennis performances into year-round training plans and schedules, the manual outlines key strategies such as structured on-court training, guidance on smart training and playing, and survival tips for staying healthy and keeping athletes playing at the top of their game.

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