

# WEEKLY TRAINING PROGRAM

|           | MONDAY             | TUESDAY                                   | WEDNESDAY                                 | THURSDAY     | FRIDAY             | SATURDAY   |
|-----------|--------------------|---|---|--------------|--------------------|------------|
| MORNING   | STROKE DEVELOPMENT | STROKE DEVELOPMENT + SINGLE MULTI SHUTTLE | STROKE DEVELOPMENT + DOUBLE MULTI SHUTTLE | LIGHT SKILLS | STROKE DEVELOPMENT | MATCH PLAY |
| AFTERNOON |                    | FOOTWORK + WEIGHT                         | SPRINTING + WEIGHT                        |              | AGILITY + WEIGHT   | JOGGING    |

\*A typical one week training programme. We can also tailor made base on your request or requirement [either to be light or heavy training].