

How much should I be playing?

Age		Tennis Training (hours/week)			Athlete Development (hours/week)			Total (hours/week)
♂	♀	Group lessons & match play	Private lessons	Total tennis /week	Tennis Specific fitness	Other sports (Including school P.E.)	Total Physical Training	
5-6	5	1-2	0-2	1-4	1	1	2	5-7
6-7	6	1-3	0-2	3-4	2	1.5	3.5	6.5-7.5
7-8	7	2-3	1-3	4-5	2	1.5	3.5	7.5-8.5
8-9	8	2-3	1-3	5-6	2	2	4	9-10
9-10	8-9	5-7	1-3	8-10	4	2	6	14-16
10-11	9-10	6-8	1-4	10-12	4	2	6	16-18