

RF Elites - 3-Day Sample Training Plan

This is a sample of how we structure custom training plans for remote players. Each session includes technical focus, physical development, and shot targets.

Day 1 - Forehand Consistency & Acceleration

- * Warm-up: 5-minute dynamic stretch + 3x 20m acceleration runs
- * Forehand topspin rally: 3 x 100 shots (cross-court)
- * Serve technique shadow work: 10 minutes
- * Sprint: 5x 10m approach + 10m stop
- * Recovery: Stretch + ice if needed

Day 2 - Backhand & Core Control

- * Warm-up: Rope skip 3 minutes + side steps
- * Backhand topspin: 3 x 100 shots (cross-court + down the line)
- * Approach shot drill: 4 x 20 forehand open-stance with forward movement
- * Core circuit: 2 rounds - plank, leg raises, mountain climbers
- * Recovery jog: 8 mins + hydration

Day 3 - Serve & Point Play

- * Warm-up: Light jog + arm circles + side lunges
- * Serve: 2 x 50 serves to target zones
- * Net play: 4 x 25 forehand + 25 backhand volleys
- * Sprint pattern: Baseline to net x 5

- * Matchplay: 3-point games x 6 with serve start

- * Cool down: Full body stretch + optional massage roller

This is a sample. Custom plans are built from player data, video, and age-specific goals.

Visit RFElites.com or email TheDirector@rfelites.com to get started.