ALTITUDE ACADEMIES

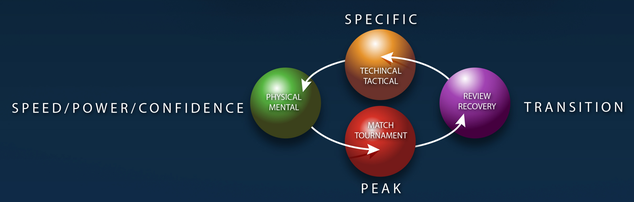
PERIODIZATION

JANUARY - MAY 2022

GABE JARAMILLO MAKING CHAMPIONS

MONTH	JANUARY				FEBRUARY				MARCH					APRIL				MAY				MONTH
WEEK	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	WEEK
MONDAY-SATURDAY	3 - 9	10 - 16	17 - 23	24 - 30	31 - 6	7 - 13	14 - 20	21 - 27	28 - 6	7 - 13	14 - 20	21 - 27	28 - 3	4 - 10	11 - 17	18 - 24	25 - 1	2 - 8	9 - 15	17 - 23	24 - 30	MONDAY-SATURDAY
NUMBER OF TRAINING DAYS	105	110	115	120	125	130	135	140	145	150	155	160	165	190	175	180	185	190	195	200	205	NUMBER OF TRAINING DAYS
TENNIS TESTING			CONDITIONING	+1; -1		TACTICAL TEST 01						+1; -1		TACTICAL TEST 02								TENNIS TESTING
VIDEO ANALYSIS		VIDEO		MATCH ANALISYS				MATCH ANALISYS				VIDEO	MATCH ANALISYS								VIDEO ANALYSIS
COMPETITION				GP 1				GP 2					GP 3		COLLEGE FORMAT			GP DOUBLES				COMPETITION
			PTT 500 BOYNTON	PTT 250 BOYNTON		PTT 125 BOYNTON	PTT 1000 ORLANDO	PTT 250 BOYNTON	PTT 500 BOYNTON	PTT 500 ORLANDO	PTT 125 BOYNTON	PTT 250 BOYNTON	PTT 500 ORLANDO				PTT 500 ORLANDO	PTT DOUBLES ORLANDO	PTT 1000 ORLANDO			
					BATTLE OF BOCA			BATTLE OF BOCA			BATTLE OF BOCA			BATTLE OF BOCA								
			COSTA RICA J4	COSTA RICA J4	MEXICO J5	MEXICO J4	GUATEMALA J4 MEXICO J4	GUATEMALA 5 MEXICO 5	SALVADOR 4	SALVADOR 4		PANAMA 4										
									MEXICO J3	MEXICO J3	DOMINICAN REP J2	DOMINICAN REP J2										
		COSTA RICA J1	COLOMBIA J1	ECUADOR J1	PERU J1	PARAGUAY J1	BRAZIL J1	BRAZIL JA				USA J1										
TRAINING PHASE	FOUNDATION			TRANSITION 3			IMPLEMENTATION				REST	EVALUATION	TRANSITION (4)	DELIVERY			MAINTENANCE	EVALUATION (2)				TRAINING PHASE
MESO-CYCLE	TECHNICAL			PRE-COMPETITION			COMPETITION				ACTIVE REST	TECHNICAL	PRE-COMPETITION	COMPETITION			PRE-COMPETITION	COMPETITION				MESO-CYCLE
SURFACE	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	H-C	CLAY	CLAY	CLAY	CLAY	CLAY	SURFACE
PEAKING FROM 1 TO 10	4	4	4	8	8	8	10	10	10	10	5	4	8	8	10	10	8	8	10	9	9	PEAKING FROM 1 TO 10
POTENTIAL STRESS	L	L	L	M	M	M	H	H	H	H	L	L	H	H	VH	VH	M	M	H	H	H	POTENTIAL STRESS
TOOLS	BARRIERS											BARRIERS					BARRIERS					TOOLS
							VIDEO	ANALYSIS	STATS			COACH'S EYE	VIDEO	ANALYSIS	STATS							
				WEIGHTED RACKETS				WEIGHTED RACKETS						WEIGHTED RACKETS								
MICRO CYCLE AM TECHNIQUE	CONTROL				HURT				FINISH			CONTROL		HURT		FINISH		SCORE AWARENESS				MICRO CYCLE AM TECHNIQUE
	ZONE 4 BIOMECHANICS AND TACTICAL INTENTION				ZONES 3 & 2 BIOMECHANICS AND TACTICAL INTENTION				ZONES 2 & 1 BIOMECHANICS &TACTICAL INTENTION		TRANSITION GAMES	ZONES 4 & 3 BIOMECHANICS &TACTICAL INTENTION		ZONES 3 & 2 BIOMECHANICS &TACTICAL INTENTION		ZONES 2 & 1 BIOMECHANICS & TACTICAL INTENTION		ALL ZONES BIOMECHANICS &TACTICAL INTENTION				
	CLEAN STROKES	ADJUSTMENT STEPS	BALANCE	ANGLES	ZONE 3	ZONE 2	ZONE 2 LOW BALL	ZONE 5	VOLLEY		DINGLES	+1/ -1		ANGLES ZONES 3 & 2	BECKER DRILL	2 AT THE NET,1 AT THE BASELINE		CLAY MOVEMENT			
	ATHLETIC BASE	LOADING	FOLLOW THROUGHS	WEIGHTED RACKETS	ANGLES	HITTING EARLY	DIFFERENT TYPES SPIN	ZONE 4	PUT AWAYS	TRANSITION	HALF COURTS GAMES	2 CROSS COURT 1 DOWN THE LINE		OPEN COURT VS BEHIND	ZONE 3	TRANSITIONS		BALL TOLLERANCE				
	SPLIT STEP	CONTACT POINTS	RECOVERY STEPS	2 & 1 FROM THE BASELINE	CONTROL THE CENTER OF THE COURT	TRANSITION	OPEN UP THE COURT	ZONE 3	SWINGING VOLLEY	OVERHEADS	RING - RING	BACKHAND SLICE	DEFENSE	3 BALL COMBINATIONS	ZONE 2	3 BALL COMBO	SWINGING VOLLEY AND VOLLEY	CHIP AND CHARGE	2 & 1 BASELINE	2 & 1 TWO AT THE NET, ONE AT THE BASELINE		
	RYTHM & TIMING				CHANGE DIRECTION	ATTACK 2ND SERVE		ZONE 2	CHIP AND CHARGE	SERVE & VOLLEY	3 VS 3	DIFFERENT TYPES OF SPIN	2AT THE NET 1 AT THE BASELINE	TRANSITION		1) INSIDE OUT 2) PUT AWAY 3) VOLLEY	SLICE AND VOLLEY	POACHING	ANGLE SHOTS AND SLICE		
	1ST SERVE OUT WIDE+RET	2ND SERVE TO BH+RET	1ST SERVE T LINE+RET		2ND. SERVE OUT WIDE	1ST SERVE BODY + RETURN	3/4 SLICE SERVE + RETURN	ZONE 1	2ND. SERVE T LINE + RETURN	2 & 1 ZONE 4	SERVE & VOLLEY	1ST SERVE HIGH PERCENTAGE	WEIGHTED RACKETS	1ST SERVE T + RETURN	SLICE SERVE 1ST SERVE WIDE	SERVE & VOLLEY	CHIP AND CHARGE	SERVE AND VOLLEY	2ND SERVE TO THE BACKHAND	RETURN OF SERVE		
MICRO CYCLE PM TACTICS		PUT AWAY FOREHAND	KAMIKAZI	2 & 1 KAMIKAZI	PUT AWAY AND SWINGING VOLLEY			6 BALL DRILL	PUT AWAY, SWINGING VOLLEY OVERHEAD AND ATTACK			SPANISH DRILL		PUT AWAY FOREHANDS AND SWINGING VOLLEY				VOLLEY KAMIKAZI	2 AT THE NET & 1 BASELINE KAMIKAZI			MICRO CYCLE PM TACTICS
	EMPHASIS ZONES 4 TACTICAL IMPLEMENTATION				EMPHASIS ZONES 3 & 2 TACTICAL IMPLEMENTATION				EMPHASIS ZONES 2 &1 TACTICAL IMPLEMENTATION			EMPHASIS ZONES 4 & 3 TACTICAL IMPLEMENTATION		EMPHASIS ZONES 3 & 2 TACTICAL IMPLEMENTATION		EMPHASIS ZONES 2 & 1 TACTICAL IMPLEMENTATION		DOUBLES ZONES	EMPHASIS ALL ZONES TACTICAL IMPLEMENTATION CLAY COURT SPECIFIC			
	BALL TOLLERANCE STRESS ON NO UNFORCED ERRORS			MATCH PLAY	MEDIUM RANGE POINTS			MATCH PLAY	SHORT POINTS			LONG POINTS	PATTERNS OF PLAY	MEDIUM POINTS		SHORT POINTS		PATTERNS OF PLAY FOR DOUBLES	LONG POINTS			
	HALF COURT BASELINE GAMES	LONG POINTS	SETS		1ST. SERVE +3	2ND. SERVE RET +3	NO FEAR		RETURN + ONE	SERVE + ONE	SETS	SLICING POINTS	MATCH PLAY	SETS	TEAM MATCH PLAY	UTR CHALLENGE MATCHES	POINTS AND SETS	MATCH PLAY DOUBLES	MATCHES	MATCHES	MATCHES	
	CUT UNFORCED ERRORS	GRINDING POINTS	UTR FRIDAY MATCHES		HOLDING SERVE		UTR MATCHES		TRANSITION	SERVE AND VOLLEY		UTR MATCHES	NO ERRORS									
	NO BALLS IN THE NET	BUILDING POINTS			GROUPING POINTS				OFFENSIVE PATTERNS OF PLAY				HIGH PERCENTAGE TENNIS	HOLD SERVING GAMES								
				REVIEW	GET TO 30 FIRST	GROUPNG GAMES	ATTACK 2ND SERVE		FINISHING FROM ZONE 2 OR ZONE 1 = 2 POINTS			NO MISTAKES AT THE NET OR FROM ZONE 4		ATTACK WEAKNESS	PLAYING UNDER HIGH PRESSURE	SELF EVALUATION	PATTERNS OF PLAY	DOUBLES TACTICS	PLAYING BREAK UP	PLAYING BREAK DOWN	TIE BREAKS	
TRAINING LOAD	HIGH VOLUME - LOW INTENSITY			MEDIUM VOLUME - MEDIUM INTENSITY			MEDIUM VOLUME - HIGH INTENSITY				LOW VOLUME - LOW INTENSITY	HIGH VOLUME - LOW INTENSITY	MEDIUM VOLUME - MEDIUM INTENSITY		MEDIUM VOLUME- HIGH INTENSITY	MEDIUM VOLUME - MEDIUM INTENSITY		MEDIUM VOLUME - HIGH INTENSITY				TRAINING LOAD

COMPETITION PHASE



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