



INTERVAL RACQUETBALL PROGRAM

OH=OVERHEAD **FH=FOREHAND GROUND STROKE** **BH=BACKHAND GROUND STROKE**

<u>WEEK</u>	<u>MONDAY</u>	<u>WEDNESDAY</u>	<u>FRIDAY</u>
1	12 FH 8 BH 10 min rest 13 FH 7 BH	15 FH 8 BH 10 min rest 15 FH 7 BH	15 FH 10 BH 10 min rest 15 FH 10 BH
2	25 FH 15 BH 10 min rest 25 FH 15 BH	30 FH 20 BH 10 min rest 30 FH 20 BH	30 FH 25 BH 10 min rest 30 FH 15 BH 10 OH
3	30 FH 25 BH 10 OH 10 min rest 30 FH 25 BH 10 OH	30 FH 25 BH 15 OH 10 min rest 30 FH 25 BH 15 OH	30 FH 30 BH 15 OH 30 FH 15 OH 10 min rest 30 FH 30 BH 15 OH
4	30 FH 30 BH 10 OH 10 min rest Play 11-point game 10 FH 10 BH 5 OH	30 FH 30 BH 10 OH 10 min rest Play 21-point game 10 FH 10 BH 5 OH	30 FH 30 BH 10 OH 10 min rest Play 1 ½ game 10 FH 10 BH 3 OH