

## **Pulse-Rated Interval Training (PRIT)**

**Presented by Bob Love (USPTA Master Professional)**

**GOAL: Prepare coaches to implement a system of training to meet the anaerobic conditioning needs of elite tennis players and use pulse management to promote peak performance on a repetitive basis.**

**OBJECTIVES: The training will introduce coaches to the following:**

- A. The *caveat* for pulse-rated training.**
- B How to take a player through the ten levels of intensity (Loehr).**
- C. How to monitor the player's pulse to show the affects of increased intensity.**
- D. Establishing a competitive baseline pulse.**
- E. Following drill implementation, determining peak pulse rates as well as managing between-point pulse swings.**
- F. Establishing a change-over procedure to manage relaxation, focus, and recovery to a competitive pulse rate.**
- G. How to integrate PRIT into an all-round training regimen.**
- H. Using PRIT as an environment for acquiring competitive skills.**
- I. Managing degrees-of-difficulty for varying the training environment.**

**MATERIALS:** Coaches will be given two PRIT training sheets.

**PULSE-RATED INTERVAL TRAINING (PRIT)—ANAEROBIC TRAINING SCHEDULE**

PLAYER \_\_\_\_\_ L10 \_\_\_\_\_ BASELINE \_\_\_\_\_ PERFORMANCE \_\_\_\_\_

- Warmup:**
1. Raise body core temperature to breaking out in a sweat by some “soft” running.
  2. Do “Dynamic Stretching” flexibility exercises to increase ROM.
  3. Begin a 5-minute “hit” to raise exertion to Level 10 (L10).
  4. Take pulse readings before and after each warmup unit.

**Routine:** Pre-pulse \_\_\_\_\_ L1 to L3 Pulse \_\_\_\_\_ BREAK 20 Seconds  
 L4 to L7 Pulse \_\_\_\_\_ BREAK 20 seconds L8 to L10 \_\_\_\_\_

PRESCRIPTION: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ DATE: \_\_\_\_\_

**WORK (W) / REST (R) INTERVAL SCHEDULE**

	<u>Series 1</u>	<u>Series 2</u>	<u>Series 3</u>	<u>Series 4</u>	<u>Series 5</u>	<u>Series 6</u>	<u>Series 7</u>	<u>Series 8</u>	<u>Series 9</u>
	GS	GS	GS	Double 21 DB	Double 21 DF	Triple 11 DB	FH-BH FLURRY	GS DELAY	MIX
*- W/R	W/R	W/R	W/R	W/R	W/R	W/R	W/R	W/R	W/R

PULSE \_\_\_\_\_

1	2/15	7/20	8/20	6/20	6/20	6/20	10/20	3/20	7/20
2	6/15	2/20	8/20	6/20	6/20	6/20	10/20	3.20	5/20

PULSE \_\_\_\_\_

3	3/15	2/20	8/20	6/20	6/20	6/20	10/20	3/20	1/20
4	10/15	16/20	8/20	6/20	6/20	6/20	10/20	3.20	10/20

PULSE \_\_\_\_\_

5	8/15	4/20	8/20	6/20	6/20	6/20	10/20	3/20	6/20
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**PLAYER SERVES TO START POINT**

6	2/15	6/20	8/20	6/20	6/20	6/20	10/20	3.20	3/20
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PULSE \_\_\_\_\_

7	7/15	1/20	8/20	6/20	6/20	6/20	10/20	3/20	2/20
8	15/15	12/20	8/20	6/20	6/20	6/20	10/20	3.20	7/20

PULSE \_\_\_\_\_

9	4/15	9/20	8/20	6/20	6/20	6/20	10/20	3/20	12/20
10	3/15	3/20	8/20	6/20	6/20	6/20	10/20	3.20	4/20

PULSE \_\_\_\_\_

**90-SECOND SIT-DOWN BREAK BETWEEN EACH SERIES**

\* “W” is the number of balls to feed (WORK) and “R” is the number of seconds of recovery (REST)

NOTES: \_\_\_\_\_

- BPB: **RELAX:** “Soften “trigger points” in wrists, shoulders, and jaw.  
**REG RIP:** FOCUS on strings and grip to “center” before next point.  
**RELOAD:** PLAN, MENTALLY REHEARSE, and RAISE PULSE to PEAK LEVEL.