

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Morning							
Afternoon							
Evening		Squash training					

Notes

1. Minimum 5 days of medium-high level workouts required.
2. Allow 1-2 rest days per week. Body needs to recover and repair. These periods are where fitness/strength improve without these you would be better off not training.
3. Allow 2 long/stamina sessions per week. Weekends ideal. These make the difference longrun, cycle etc..
4. Allow 1 strength session per week. Building core strength improves control on the court. This needs to be done pre-season for max benefit. Ideal activities - circuit training, swimming, weights, situps etc.
5. Eat well. An average man burns 2500 kcal a day. During the next 7 weeks you should burn min 3500 kcal/day. (unless you want to lose weight)
6. Motivation may be an issue. Train with a friend to help.

Example

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Morn				cycling	day	long run	
After				run/towork			
Even	League squash	Squash training	Circuit train	Swim	rest		Rest day