

Warming Up.....

Here's a few extra pointers that you can take on board when warming up for tennis in colder conditions.

1. Wear a tracksuit: - this will allow the muscles to warm up both internally and externally!!
2. Warm up slowly: - do a gentle jog or a gentle cycle where you are increasing effort slowly. This will raise your heart rate which will in turn increase the volume of blood reaching your muscles and make them spongier and less likely to tear.
3. Activate those areas of your body which you will be using in the game. Rotate your arm like you would in a throwing ie mimic the serve. Short multi directional movements just like you do when running for a ball. Do some lunges to the right, left and in front, this will allow you to stretch for a wider ball without tearing a muscle in your leg or hip region. A very simple you can do to warm up the "adductor muscle" also known as the "groin muscle" is to face the net holding with both hands and to swing your leg parallel to the net going to the right and to the left a bit further each time. Don't let your hip move, repeat with opposite leg
4. Hamstring and calf muscles are the two muscles that will tear if not properly warmed up. These can snap at the start of a match just as they can snap at the end of a match. Keep active and stretch but don't over stretch.

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