



Entrainement physique en compétition

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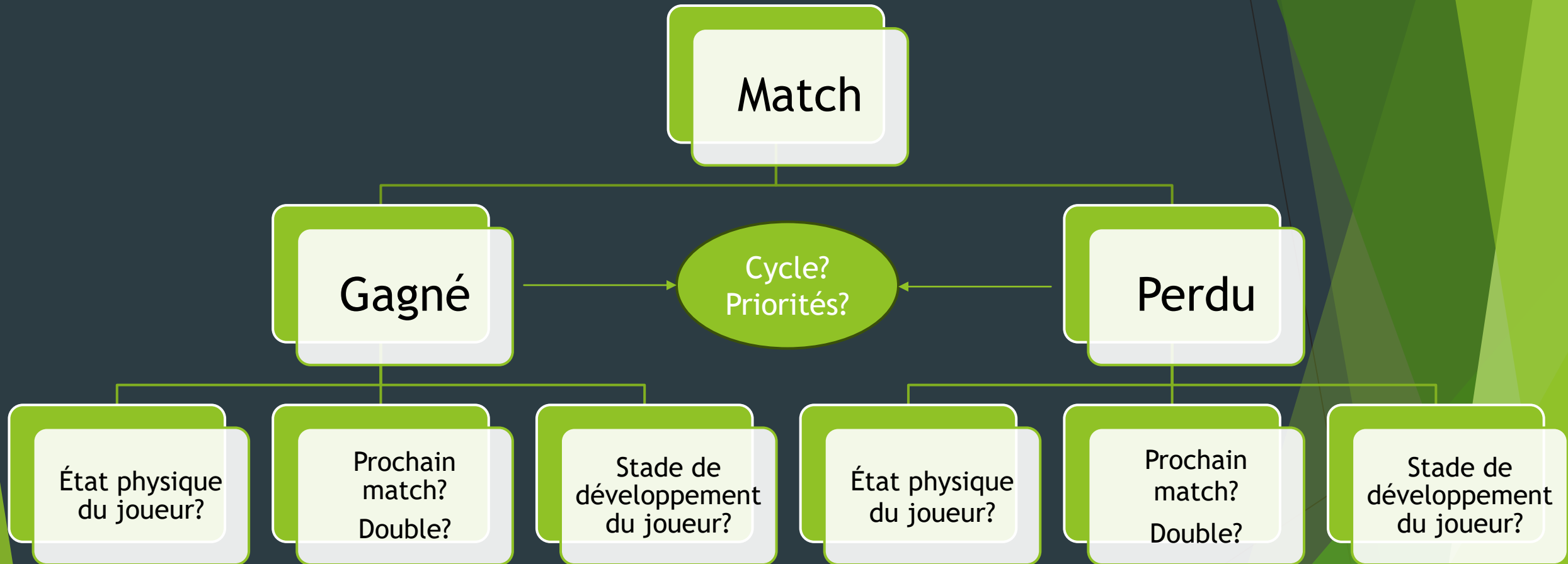
Pourquoi?

- ▶ Maintenir de la forme physique du joueur, et de ses acquis physiques
- ▶ Continuer le développement de l'athlète et son cheminement athlétique
- ▶ Favoriser une culture de la performance (continuum) et optimiser la performance
- ▶ Développer de l'autonomie et la participation active du joueur
- ▶ Prévenir des blessures

Comment?

- ▶ Comment choisir la bonne séance à faire selon le moment dans la compétition?
- ▶ Facteurs et contraintes à considérer:
 - ▶ État physique du joueur
 - ▶ Nombre de jours avant le prochain match
 - ▶ Environnement
 - ▶ Stade de développement du joueur
 - ▶ Objectifs du cycle
- ▶ Affutage: diminution du volume et de la charge, et maintien de l'intensité élevée

Arbre décisionnel: Comment bien orienter notre choix?



Quel type?

- ▶ Séances connues
- ▶ Type
 - ▶ Force/Puissance
 - ▶ Vitesse/Agilité
 - ▶ Aérobie
 - ▶ Jeux / sports collectifs
 - ▶ Proprioception / Mobilité

Schedule 6 days before next match

Last day of competition		Day 1 -6 (6 days before next match)		Day 2 -5 (5 days before next match)		Day 3 -4 (4 days before next match)		Day 4 -3 (3 days before next match)		Day 5 -2 (2 days before next match)		Day 6 -1 (day before next match)	
Content	T	Content	T	Content	T	Content	T	Content	T	Content	T	Content	T
Warm Up	2 0	Warm Up	2 0 +	Warm Up	2 0 +	Warm Up	2 0 +	Warm Up	2 0 +	Warm Up	2 0 +	Warm Up	2 0 +
		Agility & Speed	2 5	Agility & Speed	2 5	Agility & Speed	2 0	Agility & Speed	2 0	Agility & Speed	1 5	Agility & Speed	1 5
Tennis		Tennis		Tennis		Tennis		Tennis		Tennis		Tennis	
Recovery bike or run	1 5			Endurance Interval Training 3 sets of 7-8 min	2 5			Endurance Interval Training 2 sets of 6-7 min	1 5				
Shoulder and hip mobility 2 sets	1 5	Strength (Lower) 3 sets + Core 3 sets	4 5 @ 6 0	Injury Prevention (Upper) 3 sets	2 0	Strength (Full body) 2 sets + Core 2 sets	3 0 @ 4 0	Injury Prevention (Upper) 2 sets	1 5	Core C 2 sets	2 0	Shoulder and hip mobility 1 set	1 5
Cool Down	2 5	Cool Down	2 5	Cool Down	2 5	Cool Down	2 5	Cool Down	2 5	Cool Down	2 5	Cool Down	2 5

Warm-Ups combined with agility & speed are done before Tennis.

Endurance, Strength & Power, Injury Prevention, Core, Cool Down Foam & Stretch are done after Tennis.

Échauffement/Cool down

Échauffement 30-40 minutes:

- ▶ Mobilité, foam roll (10-15 minutes)
- ▶ Exercices de renforcement: épaules, gainage, fessiers, lombaires, chevilles (5 minutes)
- ▶ Activation (course, vélo, sauts à la corde) (5 minutes)
- ▶ Éducatifs de course (genoux hauts, talons fesses, pas chassés, croisés, Skip A-B) (5 minutes)
- ▶ Vitesse, agilité, coordination, réaction, changements de direction, jeux de ballons/balles (10 minutes)

Récupération active 30-40 minutes:

- ▶ Jog, vélo, foam roll (10 minutes)
- ▶ Étirements statiques (20-30 minutes)
- ▶ Alimentation ++
- ▶ Sommeil ++



Mobility (warm up and stretch)

1 - Passive Thoracic Extension Over Foam Roller



Week	Sets	Duration
1	1	03:00

2 - Convex And Concave Back Position



Week	Sets	rep.
1	1	10

3 - All Four Trunk Rotation Extension



Week	Sets	rep.
1	1	10

4 - Flexibility / Trunk Rotation Stretching



Week	Sets	rep.
1	1	10

5 - Trunk Rotation On The Ground



Week	Sets	Duration	Note
1	2	00:20	Hold 20 sec each side

6 - Lateral Stretch Of The Back



Week	Sets	Duration	Note
1	2	00:20	Hold 20 sec each side

7 - Hip adductors muscle stretch



Week	Sets	Duration	Note
1	2	00:20	Hold 20 sec each side

8 - Side-lying Thoracic Windmill 3



Week	Sets	rep.
1	1	10

9 - Lying Twist



Week	Sets	rep.
1	1	10

10 - Flexibility / Back Stretching



Week	Sets	rep.
1	1	10

11 - Scorpion On Floor / Trunk Extension and Rotation



Week	Sets	rep.
1	1	10

12 - Advanced abdominal strengthening - obliques



Week	Sets	rep.
1	1	10

13 - Dead Bug



Week	Sets	rep.
1	1	10

14 - Plank Twist Dips



Week	Sets	rep.
1	1	10

15 - Warrior Pose



Week	Sets	Duration	Note
1	2	00:20	Hold 20 sec each side



16 - Reverse Warrior



Week	Sets	Duration	Note
1	2	00:20	Hold 20 sec each side

17 - Trunk Side Bending In Lateral Split Stand



Week	Sets	Duration	Note
1	2	00:20	Hold 20 sec each side

18 - Bound Revolved Side Angle



Week	Sets	Duration	Note
1	2	00:20	Hold 20 sec each side

19 - World Greatest Stretch 2



Week	Sets	rep.
1	1	10

20 - Body Stretching - Hindu



Week	Sets	rep.
1	2	6

21 - Hip Up Hamstring Stretch



Week	Sets	rep.	Tempo
1	2	10	2 sec hold

22 - Open Side Fierce Pose



Week	Sets	rep.
1	1	10

23 - Wide Squat Pose



Week	Sets	Duration
1	2	00:20

24 - Squat with Thoracic Rotation



Week	Sets	rep.
1	1	10

25 - Front Flexion Legs Apart



Week	Sets	Duration
1	2	00:20

26 - Pigeon Pose



Week	Sets	Duration	Note
1	2	00:20	Hold 20 sec each side

27 - Pigeon Pose Quadriceps Stretch



Week	Sets	Duration	Note
1	2	00:20	Hold 20 sec each side

28 - Dancer's Pose



Week	Sets	Duration	Note
1	2	00:20	Hold 20 sec each side

29 - Half Moon Pose



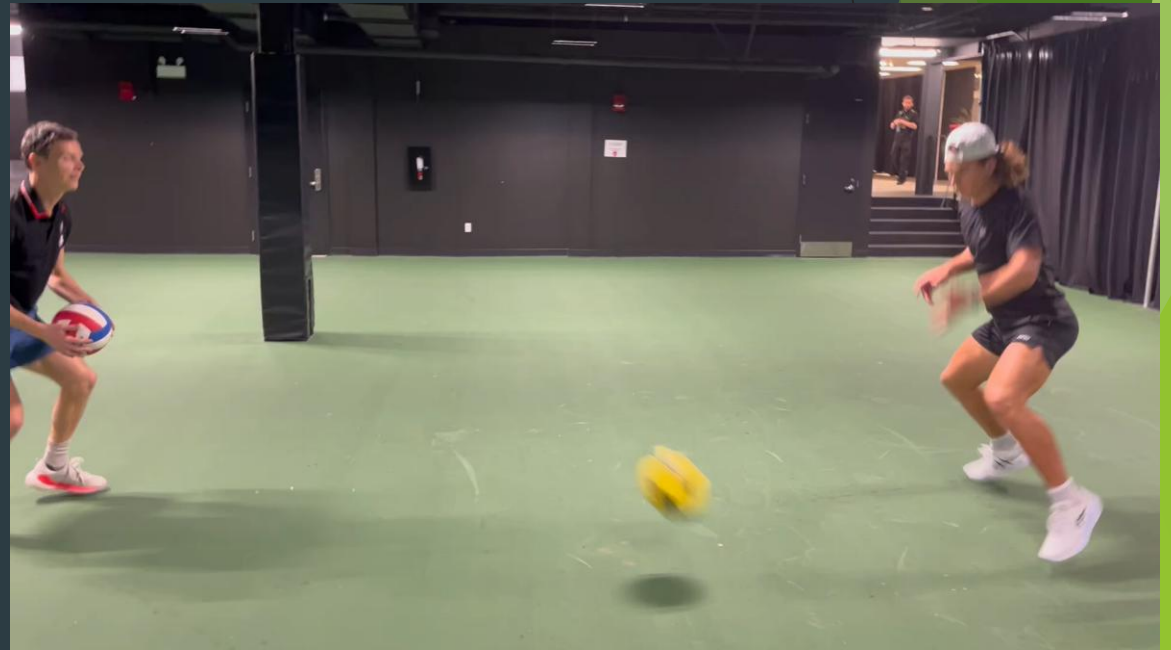
Week	Sets	Duration	Note
1	2	00:20	Hold 20 sec each side

30 - Arabesque Hip Rotation



Week	Sets	rep.
1	1	10

Coordination et agilité











Vitesse et changement de direction



Intégré Fitness-Tennis



Aérobic et circuit HIIT



Temps d'effort: 10 sec, 15 sec, 20 sec, 30 sec

Temps de repos: 20 sec, 30 sec, 40 sec

Nb de répétitions: 6-8

Nb de séries: 2-3

Force et Puissance





Hip thrust 1 jambe
2x 8-10reps ch jb



Copenhagen side plank
2x 20-30 sec ch côté



SB Leg curl 1 jambe
2x 8-10reps ch jb



Superman sur SB
2x 8-10reps



Arabesque "Y"
2x 8-10reps



Bird Dog 1 arm row
2x 8-10reps



One arm pull down
2x 8-10reps



TRX Back Fly
2x 8-10reps

Stability Program

1A - Bear Breathing Hold



Week	Sets	Duration	Recup	Rep.
1	2	00:30	30	3

1B - Bear Plank to Downward Dog



Week	Sets	rep.	Recup	Tempo
1	2	10	30	hold 2 sec

1C - Bird Dog



Week	Sets	rep.	Recup
1	2	10 - 10	30

1D - Front Plank On Elbows



Week	Sets	Duration	Recup
1	2	00:30	30

1E - Side Plank



Week	Sets	Duration	Recup
1	2	00:30	30

1F - Dead Bug Knee Push Isometric



Week	Sets	Duration	Recup	Rep.
1	2	00:30	30	3

1G - Dead Bug Alternate



Week	Sets	rep.	Recup	Tempo
1	2	12	30	3 sec hold

1H - Half Side Plank Leg Raise



Week	Sets	rep.	Recup
1	2	15 - 15	30

1I - Half Side Plank Clamshell



Week	Sets	rep.	Recup
1	2	15 - 15	30

1J - Bridge



Week	Sets	rep.	Recup	Tempo
1	2	20	30	hold 2 sec

1K - Single Leg Bridge Knee To Chest



Week	Sets	rep.	Recup
1	2	15 - 15	30

1L - Superman Arm Circle



Week	Sets	rep.	Recup
1	2	12	30

1M - Superman Y-W



Week	Sets	rep.	Recup
1	2	12	30

1N - Superman 'T'



Week	Sets	rep.	Recup
1	2	12	30

1O - Superman Arm Raise + Leg Raise (Unilat)



Week	Sets	rep.	Recup	Note
1	2	10	30	10x Right Arm, 10x Left Arm, 10x Right Leg, 10x Left Leg

Proprioception et mobilité



Équipement

- ▶ Ballons (basket ball, volley ball, hand ball, soccer, sand ball, foot ball)
- ▶ Pompe pour ballons
- ▶ Élastiques (chevilles, épaules)
- ▶ Petits cônes/haies
- ▶ Corde à sauter
- ▶ TRX
- ▶ Water bag

Merci!

Questions?