

WEEKLY TRAINING PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	STROKE DEVELOPMENT	STROKE DEVELOPMENT + SINGLE MULTI SHUTTLE	STROKE DEVELOPMENT + DOUBLE MULTI SHUTTLE	LIGHT SKILLS	STROKE DEVELOPMENT	MATCH PLAY
AFTERNOON		FOOTWORK + WEIGHT	SPRINTING + WEIGHT		AGILITY + WEIGHT	JOGGING

*A typical one week training programme. We can also tailor made base on your request or requirement [either to be light or heavy training].