

Load according to age for tennis players

Years of training		1	2	3	4	5	6	7	8	9	10	11
Age of player	Men	10	11	12	13	14	15	16	17	18	19	20
	Women	8	9	10	11	12	13	14	15	16	17	18
Age distribution in %		30	35	40	45	50	60	70	80	90	95	100
Numbers of hours		360	420	480	540	600	720	840	960	1080	1140	1280
Weeks of training/year		44	44	44	46	46	48	48	50	50	50	50
Hours per week total		8.2	9.05	11	12	13	15	17.5	19.2	21.6	22.8	24
Percentages	Tennis	40	40	45	50	55	60	65	70	70	75	75
	Conditioning	60	60	55	50	45	40	35	30	30	25	25
Total hours per week	Tennis	3.3	3.8	5	6	7	9	11	13.2	16	17	18
	Conditioning	4.9	5.7	6	6	6	6	6.5	6	5.6	5.8	6
Total hours per year		360	420	480	540	600	720	840	9630	1080	1140	1280