



RAFA NADAL
ACADEMY
BY **M** movistar

PREMIUM TENNIS PROGRAM
(only adults, all tennis levels)



www.rafanadalacademy.com

INTRODUCTION

RAFA NADAL PREMIUM TENNIS PROGRAM is a premium quality tennis training program carried out by the coaches of the **Rafa Nadal Academy by Movistar** lead by Toni Nadal, which follows an exclusive training method that is based on the many years of experience that Rafa Nadal and his team have gathered over their years on the ATP circuit.

SUMMARY

We offer three types of programs at **PREMIUM TENNIS PROGRAM**:



All programs include:

- A personalized technical and tactical tennis training with the technical team at the **RAFA NADAL ACADEMY BY MOVISTAR**.
- A video analysis and professional advice.
- 30 minute assessment of physical condition and goals.
- 5 hours of personal training.
- Unlimited use of fitness centre and supervised activities.
- Unlimited use of the pools, thermal zone of Spa and Wellness area.
- Juaneda Sport Health Program including: Initial medical examination, complete urine and blood test, electrocardiogram, assessment of medical criteria pertaining to tennis, spirometry, cyclo ergometer test and kinanthropometric and nutritional examination).
- Energy point at the cafeteria (energy drinks and fruit/sandwiches).
- 1/2/3 x 45 minute relaxing massages at the Spa depending on the selected program.
- A **RAFA NADAL ACADEMY BY MOVISTAR** welcome pack.
- A 30% discount on the **RAFA NADAL SPORT RESIDENCE** web tariff (not combinable with other promotions).

GOALS

- To develop an individualized program designed for all tennis lovers, regardless of level.
- To maximize the strengths and minimize the weaknesses of every player.
- To improve performance in all aspects of the program.

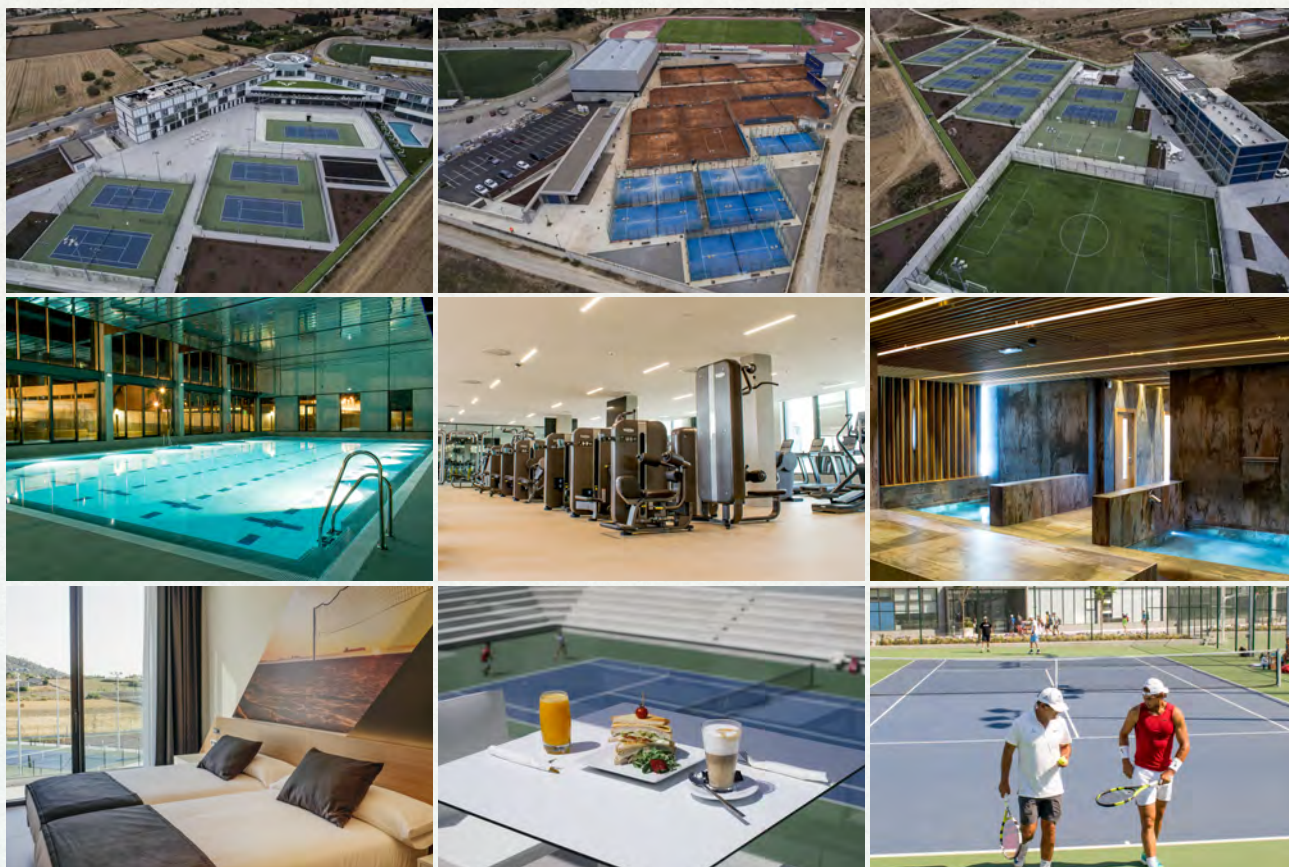
FACILITIES

PREMIUM TENNIS PROGRAM, is taught at the new facilities of the **Rafa Nadal Academy by Movistar** which have been constructed with the finest available materials and state of the art technology.

The entire facility has been designed so that each player can enjoy high performance tennis training regardless of his level and improve his game.

At your disposal:

- 26 tennis courts with different surfaces (clay and greenset), outdoor and indoor.
- A 3000m2 **Fitness Centre** with the latest technology.
- 2 pools (outdoor and indoor semi-olympic)
- A football 7-a-side field.
- A regulation sports track of various sports.
- 7 paddle courts.
- 2 squash courts.
- A clinic specializing in sports medicine, physiotherapy, nutrition run by the leading private hospital group of the Balears (**Juaneda Sport Health**).
- **SPA and Wellness Center** with thermal areas, saunas and treatment rooms.
- **Rafa Nadal Sport Residence**: a high quality sports residence.
- **Sport Xperience by Rafa Nadal**.



WEEKLY SCHEDULE

Example of a structured 18 hour tennis program from Monday to Saturday. This program may vary depending on the days chosen.

	MON.	TUES.	WEDS.	THURS.	FRID.	SATURD.
MORNING	Fitness test					
	Tennis 3h.	Tennis 3h.	Tennis 3h.	Tennis 3h.	Tennis 3h.	Tennis 3h.
	Energy Point	Energy Point	Energy Point	Energy Point	Energy Point	Energy Point
AFTERNOON	Analysis, stress test, nutrition talks...					Wellness Spa
						Massage
	Wellness Spa	Personal Trainer	Personal Trainer	Personal Trainer	Personal Trainer	Personal Trainer
EVENING	Wellness Spa	Wellness Spa	Wellness Spa	Wellness Spa	Wellness Spa	
	Massage			Massage		

ASPECTS OF THE PROGRAM

TENNIS

Rafa Nadal, Toni Nadal and their technical team are the creators of the training method used in this program.

This method is regularly reviewed due to the continual development of the tennis industry and the equipment that directly influences the speed of the game (rackets, stringing, balls etc...) With our innovative training methods (especially the physical and mental preparation), we help players on the professional circuit become ever stronger, faster and more agile.

Using new technology we have clearly observed that the game of tennis is progressively moving towards a faster game with shorter points where the start of play (service/return) is fundamental to the development of the point. Therefore, the player must be prepared to make decisions in shorter periods of time.

We understand that today's tennis and the tennis of the future is played first with the "eyes", secondly with the "mind", thirdly with the "legs" and finally with the "hands".

At **PREMIUM TENNIS PROGRAM** we use training methods that work to this end and we combine them with the skills that have made Rafa's professional career so successful: mobility, winning spirit, intensity in training and in the game, competitive mentality and concentration.

During training, we will determine the amount of time to be dedicated to each aspect of the game (technical, strategic, physical, mental) to help you play in the most competitive way.

Every training session will follow a clear goal and will be achieved with the utmost concentration making no differentiation between a training session and a real competitive game.

EXAMPLE OF A TECHNICAL PROGRAM (7days)

All exercises will be a mixture of CUBES, BALLS IN-MOTION and COMPETITIONS, with detailed TECHNICAL, TACTICAL and MENTAL feedback.
Every day will devote 15/30 minutes to serves.

TECHNICAL SKILL STUDIED		
MONDAY MORNING	Groundstrokes	
MONDAY EVENING	Net game / Speciality shots / Service	
TUESDAY MORNING	Defensive and Offensive GS + DF + OF	Speciality shots Service
WEDNESDAY MORNING	GS + DF + OF Speciality shots Service	
THURSDAY MORNING	Net game Speciality shots Service	
FRIDAY MORNING	GS + DF + OF + NG Speciality shots	Service Match play
FRIDAY AFTERNOON	Weaknesses GS + DF + OF + NG	Speciality shots Service
SATURDAY MORNING	Weaknesses Speciality shots	Service Match play

GS: Groundstrokes.

FH: Forehand.

BH: Backhand.

DF: Defensive.

OF: Offensive.

SPECIALITY SHOTS: Backspin, returns, angular shot, drop shot, lob, passing shot...

WEAKNESSES: Work on various aspects.

SESSIONS

TIME		SESSION 120'		TIME		SESSION 180'		
15'	Warm up Warm up with racquet	15'	15'	15'	Warm up Warm up with racquet	15'	15'	
15'	Rallies & Control	30'	30'	30'	Rallies & Control	45'	45'	
45'	Technical shots	75'	30'	30'	Technical shots	75'	75'	
20'	Serve	95'	20'	20'	Serve	95'	95'	
			ENERGY POINT					
15'	Rallies- Game and points	110'	30'	30'	Technique WOD2	125'	125'	
10'	Warm down	120'	20'	20'	Serve/Matchplay	145'	145'	
			25'		Rallies- Game and points	170'	170'	
			10'		Warm down	180'	180'	

PHYSICAL PREPARATION

Tennis has evolved on many levels. Physical preparation in particular has seen a big transformation. Because of the development of equipment and the ever greater physical demands on the player, the training methods on the circuit have never been so challenging.

The physical preparation of this program is based on two pillars: Coordination Capacity and Injury Prevention.

Coordination Capacity equips the players with the basics to make the impossible possible, the possible easy and the easy elegant. This includes balance, reaction time, changes of pace and direction, and footwork.

These aspects will be consolidated on the tennis court and in physical preparation sessions, where work will be assigned based on real matches, in a unique process.

Injury Prevention is a very important section of the **PREMIUM TENNIS PROGRAM** programming. Tennis is an aggressive and asymmetric sport that causes an imbalance between the muscles and the joints.

Preventative training, which seeks to minimize these risks, is comprised of the following aspects: joint mobility exercises, muscle stretching (muscles tend to shorten and this process alleviates tension), strengthening of the stabilizing muscles of the different joints in the body, including shoulder blades and deep back muscles.

In order to successfully work on these key aspects of the game the **PREMIUM TENNIS PROGRAM** offers today's most technologically advanced training equipment.

MENTAL TRAINING

Mental strength, which is essential to overcoming adversity, is one of the highlighted aspects of the game at the **PREMIUM TENNIS PROGRAM**.

Mental training exercises will take place on and off the court and seek to improve your psychological skills, which will enhance your performance on the court and in other areas of your life.

VIDEO ANALYSIS

PREMIUM TENNIS PROGRAM coaches will use video analysis as a tool to improve technical and tactical aspects of the player's game which, in turn, will strengthen their training sessions and matches.

We have the latest software and technology to record and edit videos which will then be individually analyzed by a coach with you.

FITNESS

PREMIUM TENNIS PROGRAM offers a state of the art fitness centre, a room of 600m² with the latest Technogym equipment, 3 rooms for supervised activities, and a semi olympic indoor pool.

You can benefit from individual advice for physical preparation with weekly supervision. At the end of the week you will receive a final evaluation, assessment and recommendations to follow.

We offer 5 personalised training sessions per week.

During the first session, using information gained in your analysis, the following will take place:

- A 30 minute assessment of your physical condition and your goals. The presentation and explanation of the fully customised training program.
- Personalized training with our My WellnesCloud. You will be given a Technogym key on which your exercise plan will be recorded. Your workouts will be recorded in the system and on the last day we will give you feedback and recommendations for the continuation of your training.
- We will recommend you to participate in classes taught in the current program at the Fitness Centre, for example, stretching, CORE training, and functional training.

JUANEDA SPORT HEALTH PROGRAM

JUANEDA SPORT HEALTH, offers a comprehensive and multidisciplinary service that enables playing in the best medical condition, promotes healthy sport habits and provides an injury response service of premium quality.

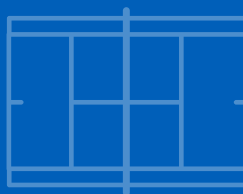
The clinic has an esteemed medical staff within the world of sports and wellness health, and provides the latest technology for the detection of injury, sports physiotherapy techniques, sport checks, etc.

The program includes the following:

- **Initial medical examination.** Our physician will conduct an interview with you to determine your habits, physical activity, individual and family clinical history, etc. They will also conduct medical and orthopedic examination with special emphasis on the study of the locomotor system. They will also examine the lower extremities, spine and flexibility to rule out possible mechanical problems.
- **Complete blood and urine analysis.** (Clinical evaluation - Genetics optional).
- **Resting electrocardiogram.** to check the electrical functioning of the heart.
- **Rating criteria pertaining to the practice of tennis.**
- **Spirometry.** With this test we measure the volume and rate of inhalation of air to determine your lung capacity.
- **Stress test on a cycle ergometer.** (bicycle) to conduct a study adapted to your physical capability. This test will rule out cardiac abnormalities and inform us of your level of fitness.
- **Kinanthropometric and nutritional study.** We measure your fat, muscle and bone percentage and design a diet plan suited to your game and the type of training and competition that you do.

We will advise you on best practice before, during and after sports. We will advise you on hydration depending on environmental conditions, training, before, during and after competition. For this study we have cutting edge technology (Body Composition Analyzer InBody 230).

PREMIUM TENNIS PROGRAM



18h.
(1week)

	MON.	TUES.	WEDS.	THURS.	FRID.	SATURD.
MORNING	Fitness test					
	Tennis 3h.	Tennis 3h.	Tennis 3h.	Tennis 3h.	Tennis 3h.	Tennis 3h.
	Energy Point	Energy Point	Energy Point	Energy Point	Energy Point	Energy Point
AFTERNOON	Analysis, stress test, nutrition talks...					Wellness Spa
						Massage
	Wellness Spa	Personal Trainer	Personal Trainer	Personal Trainer	Personal Trainer	Personal Trainer
EVENING		Massage		Massage		

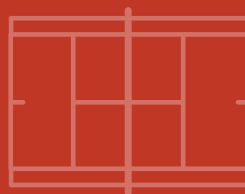
Includes:

- 18 hours (3 per day during 6 months) of tennis technical and tactical training with the technical team at the **Rafa Nadal Academy by Movistar**.
- Video Analysis and professional advice.
- 30 minute assessment of physical condition and goals.
- 5 hours of personal training.
- Unlimited use of fitness centre and supervised activities.
- Unlimited use of the pools, thermal zone of Spa and Wellness area.
- Juaneda Sport Health Program including: Initial medical revision, complete blood and urine test, electrocardiogram, assessment of elements pertaining to tennis, spirometry, cyclo ergometer test and kinanthropometric and nutritional examination).
- Energy point at the cafeteria (energy drinks and fruit/sandwiches).
- 3 x 45 minute relaxing massages at the Spa.
- **Rafa Nadal Academy by Movistar** welcome pack.
- 30% discount on the **Rafa Nadal Sport Residence** web tariff (Not combinable with other promotions).

Does not include: All that is not listed in the previous section.

PRICE: 2.495€ p/p

PREMIUM TENNIS PROGRAM



12h.
(1week)

	MON.	TUES.	WEDS.	THURS.	FRID.	SATURD.
MORNING	Fitness test					
	Tennis 2h.	Tennis 2h.	Tennis 2h.	Tennis 2h.	Tennis 2h.	Tennis 2h.
	Energy Point	Energy Point	Energy Point	Energy Point	Energy Point	Energy Point
AFTERNOON	Analysis, stress test, nutrition talks...					Wellness Spa
	Wellness Spa	Personal Trainer	Personal Trainer	Personal Trainer	Personal Trainer	Personal Trainer
EVENING		Massage	Wellness Spa	Massage	Wellness Spa	

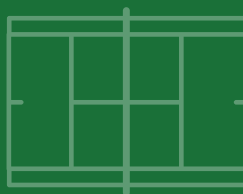
Includes:

- 12 hours (2 per day during 6 months) of tennis technical and tactical training with the technical team at the **Rafa Nadal Academy by Movistar**.
- Video Analysis and professional advice.
- 30 minute assessment of physical condition and goals.
- 5 hours of personal training.
- Unlimited use of fitness centre and supervised activities.
- Unlimited use of the pools, thermal zone of Spa and Wellness area.
- Juaneda Sport Health Program including: Initial medical revision, complete blood and urine test, electrocardiogram, assessment of elements pertaining to tennis, spirometry, cyclo ergometer test and kinanthropometric and nutritional examination).
- Energy point at the cafeteria (energy drinks and fruit/sandwiches).
- 2 x 45 minute relaxing massages at the Spa.
- **Rafa Nadal Academy by Movistar** welcome pack.
- 30% discount on the **Rafa Nadal Sport Residence** web tariff (Not combinable with other promotions).

Does not include: All that is not listed in the previous section.

PRICE: 1.995€ p/p

PREMIUM TENNIS PROGRAM



6h.
(1week)

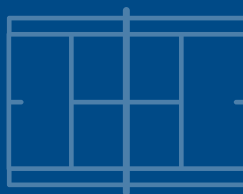
	MON.	TUES.	WEDS.	THURS.	FRID.	SATURD.
MORNING	Fitness test					
	Tennis 1h.	Tennis 1h.	Tennis 1h.	Tennis 1h.	Tennis 1h.	Tennis 1h.
	Energy Point	Energy Point	Energy Point	Energy Point	Energy Point	Energy Point
AFTERNOON	Analysis, stress test, nutrition talks...					Wellness Spa
		Personal Trainer	Personal Trainer	Personal Trainer	Personal Trainer	Personal Trainer
	Wellness Spa	Wellness Spa	Wellness Spa	Wellness Spa	Wellness Spa	
EVENING				Massage		

Includes:

- 6 hours (1 per day during 6 months) of tennis technical and tactical training with the technical team at the **Rafa Nadal Academy by Movistar**.
- Video Analysis and professional advice.
- 30 minute assessment of physical condition and goals.
- 5 hours of personal training.
- Unlimited use of fitness centre and supervised activities.
- Unlimited use of the pools, thermal zone of Spa and Wellness area.
- Juaneda Sport Health Program including: Initial medical revision, complete blood and urine test, electrocardiogram, assessment of elements pertaining to tennis, spirometry, cyclo ergometer test and kinanthropometric and nutritional examination).
- Energy point at the cafeteria (energy drinks and fruit/sandwiches).
- 1 x 45 minute relaxing massages at the Spa.
- **Rafa Nadal Academy by Movistar** welcome pack.
- 30% discount on the **Rafa Nadal Sport Residence** web tariff (Not combinable with other promotions).

Does not include: All that is not listed in the previous section.

PRICE: 1.495€ p/p



MORNING
Personal Trainer
Tennis 2h.
AFTERNOON
Fitness
Wellness Spa
Massage

Includes:

- 2 hours of technical and tactical tennis training with the technical team at the **Rafa Nadal Academy by Movistar**.
- Video analysis and professional advice.
- 1 hour of personal training.
- Unlimited use of fitness centre and supervised activities.
- Unlimited use of the pools, Spa and Wellness area.
- Energy point at the cafeteria (energy drinks and fruit/sandwiches)
- 1 x 45 minute relaxing massage at the Spa
- 30% discount on the **Rafa Nadal Sport Residence** tariff (Not combinable with other promotions).

PRICE: 295€ p/p



RAFA NADAL
ACADEMY

BY  movistar

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