



Physical preparation



RAFA NADAL
SPORT CENTER

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1. Introduction



The importance of physical preparation and health is fundamental for the comprehensive development of players. It's not only about perfecting technical and tactical skills on the court but also about improving their physical condition, which will help optimize their sports performance and overall well-being.

Playing tennis/padel requires significant physical effort, from quick movements to powerful shots. Physical preparation will help players improve their physical abilities, as well as refine their motor skills and coordination. Always seeking specific improvements for this sport, thus increasing performance in competition.

In summary, integrating physical preparation and health care not only enhances sports performance but also shapes resilient tennis/padel players committed to their overall well-being. This holistic approach not only benefits them in the present but also lays the groundwork for a successful future in tennis/padel and in life in general.

All mentioned points in sections 2, 3 and 4 are **mandatory**.

2. The staff

The staff of the physical preparation department must carry out the following tasks:

- Carefully plan each session that takes place, based on the load programming that they will have together with the tennis/padel coaches.
- It is essential to maintain order in the facilities. At the end of each session, the physical trainers must collect the used material and store it in an organized manner.
- Quarterly, all the material must be reviewed to assess the need to replace and/or acquire new items. The heavy use of this material causes it to wear out and break easily.

In the event that the RNSC has a high influx of visitors, it should be considered whether it is necessary to incorporate a specific role for the gym (directed activities and free training area) and another person focused on the tennis and padel programs, both for adults and juniors.

Although the above would be the ideal scenario, if the number of players is very low, the role of the physical trainer responsible for conducting the tennis/padel program sessions could be filled by a gym instructor with knowledge of tennis/padel and specific training on the physical needs of tennis/padel, to properly carry out the work required. It is important that this individual works on the technical exercises following the philosophy of the tennis/padel department. Therefore, periodic training sessions should be organized with the Head Coach.

3. The short-stay programs for juniors and adults

The goal of physical training in short-term programs for juniors and adults is for clients to leave understanding the importance of physical preparation and the healthy habits imparted during their program. It aims to raise clients' awareness of various concepts that will help them improve the quality of their sports practice.

Just like the tennis/padel programs, physical training can also be group-based or individual, depending on the chosen program.



For example, if an adult has enrolled in the Premium Tennis Camp, the 5 hours of physical training will be individual sessions, whereas if a client has chosen the Tennis & Fitness Camp, the physical training will be in a group. In the case of programs for juniors (under 18), the physical training will always be group-based.

If the physical training consists of individual sessions, the content can be customized to meet the client's needs.

On the RNA 360 platform, clients will fill out a form before their arrival, providing information about their sports background and any important medical history that needs to be considered to prepare the sessions.

In group physical preparation activities, for both juniors and adults, a ratio of approximately one fitness trainer to ten players will be maintained.



Physical preparation sessions last one hour, and the goal is for participants to learn exercises and objectives to lead a healthier life and enjoy tennis/padel with optimal physical fitness, especially by preventing injuries caused by the high repetition of specific technical gestures in players.

The aspects covered during the week include:

- Warm-up and cool-down.
- Injury prevention routines.
- Coordination exercises and specific exercises for tennis/padel.

- General physical conditioning improvement.
- Techniques for better recovery after training or a match.



The structure of each session will always depend on the work objective for that day, but the sessions will be structured as follows. The physical trainers will have the training sessions on the RNA 360 platform:

- 15 minutes warm-up, including general joint mobility exercises + proprioception and balance exercises + muscle work focused on the session objective.
- 45 minutes main part of the session, where exercises corresponding to the planned objectives will be carried out.
- 15 minutes cool-down, performing specific exercises based on whether they will continue on the court afterward or if they have finished their day of activity.

In **Annex 5.1**, you can see an example of a physical preparation session for adults.

In addition to the physical preparation included in the tennis/padel programs, adults who wish can also hire individual sessions with a fitness trainer.

4. The tennis and padel school for juniors and adults

The work objectives of physical preparation that will be carried out in these programs will be on court, alternating with technical exercises, where different motor skills and coordinative abilities will be worked on to help players improve and optimize their movements and motor resources on the court. In addition, emphasis will be placed on all preventive and compensatory work to minimize the risk of injuries that the high practice of the technical gesture causes.



The programming of objectives to work on in these programs, and the sessions that will be carried out, will be done and can be audited on the RNA 360 platform.

This activity should be carried out by a physical preparation professional, and the work ratios will be a maximum of 1/10 to properly teach and control the technical executions that are carried out

5. The gym

5.1 Introduction

In addition to offering tennis and padel programs for hotel guests, as well as the tennis and paddle school for the local public, the RNSC will also feature a gym that will offer guided activities and a free training area.

For the local public, it will be **mandatory** to establish a membership policy that defines what is included in each membership and its price. The Licensee must submit a proposal of services and pricing for the Central Office to review.

In **annex 5.2**, you can see the memberships at the **RNA in Mallorca**.

5.2 Instructor-led activities



These activities, available for hotel guests and/or members (local public), must be led by specialized instructors. Depending on attendance, the range of activities may increase or decrease.

At the **RNA in Mallorca**, the gym is available for both adult programs and the local public, offering a wide and varied schedule of activities aimed at serving the maximum number of people possible, thereby increasing the client base.

In **annex 5.3**, you will find a description of the activities that are offered, and in **annex 5.4**, a weekly example of how these classes is organized.

The Licensee **must** conduct a market study to understand the available offerings in the area where the RNSC is in order to determine the facility needs and provide a high-quality service.

Based on the experience of the Central Office, it is **recommended** to have at least two rooms, each with an area of 100 square meters. It is **recommended** that these two rooms be connected by a movable wall that can be removed, allowing for a single 200-square-meter room, which can be used for certain activities or when a higher attendance is expected.

It is **recommended** to conduct a study of the country's fitness trends to develop the activity schedule. At the **RNA in Mallorca**, some of the guided activities are franchises with Les Mills, HBX, and Technogym.



5.3 The free training area

It is an area equipped with machinery for guests and/or members to train whenever they wish. It will be **mandatory** to have Technogym brand equipment and a space of at least 200 square meters.

The space **must** include distinct training zones:

- **Cardio equipment zone:** treadmills, ellipticals, bikes, stair climbers, and/or rowing machines.
- **Free weights area:** a variety of dumbbells, barbells, benches, and/or kettlebells.
- **Strength training area:** guided machines.
- **Open space area:** for floor exercises and/or stretching.

The size of the spaces and the quantity of equipment and machines will be adjusted according to the number of members or clients.



6. Related documentation

- Annex 5.1. Example of a physical preparation session for adults
- Annex 5.2. The memberships at the RNA in Mallorca
- Annex 5.3. Description of the instructor-led activities at the RNA in Mallorca
- Annex 5.4. Weekly organization of the instructor-led activities at the RNA in Mallorca



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