

**Join me on the
#665Challenge🏆**



**SIX WEEKS OF SELF
IMPROVEMENT**

#665CHALLENGE

CARL DOUGLAS TENNIS COACHING

clubspark.lta.org.uk/CarlDouglasCoaching

DISCLAIMER

Carl Douglas Tennis Coaching requires any students under the age of 18 to seek parent/guardian approval before taking part in this programme and to Part of the sign-up will require that parent/s* or legal guardian/s emergency contact details are provided.

Carl Douglas Tennis Coaching strongly recommends that you consult with your doctor before beginning any exercise program. Additionally you understand that when participating in any exercise program, there is the possibility of physical injury. If you choose to engage in any of the exercises highlighted in this program, you agree to do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Carl Douglas Tennis Coaching from any and all claims or causes of action, known or unknown, arising out of your participation.

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@CarlDouglasCoaching

WELCOME

MEET YOUR COACH

Hello my name is Carl Douglas. I am an experienced LTA Accredited + tennis coach and RPT Tennis Instructor working at a number of community tennis clubs in Suffolk on the East coast of England.

I am passionate about grassroots tennis and run engaging and exciting junior, adult and family group coaching programmes at Bramford and Grundisburgh Tennis Clubs.

I am also a fully trained LTA Tennis for Kids coaches, a national programme that has so far introduced over 50,000 kids to the game of tennis.



Coach Carl

WHY 665?

HISTORICAL MATCH

22 June, 2010 Wimbledon, a first round match has just started in the early evening on court 18. Little did everyone know that history was about to be made!

3 days later, the match was still underway, resuming at 59 games all in the fifth and final set. Both players were exhausted when the match finally ended after 11 hours and 5 minutes with American John Isner hitting a backhand winner down the line to pass Nicolas Mahut of France.

It was a match that nobody deserved to lose and will go down in history as the longest tennis match on record for a 6-4, 3-6, 6-7(7), 7-6(3), 70-68 victory in 11 hours and five minutes (665 minutes)



"I can see now that this is not going into the history books as a loss or a win, but because we both achieved something unbelievable" - Nicolas Mahut

665 CHALLENGE?

SELF IMPROVEMENT

Lockdowns are tough, they can impact both our physical and mental well-being and it can be difficult to focus on the positive

But, we will come through this so why not come through it as a "better you". Use this period to focus on some positive goals and come back fitter, more energised and more resilient.

The **#665Challenge** will help you get there by setting some achievable fitness and tennis skills goals and help you to work toward those goals in a friendly and supportive environment.



“ When life gets harder, challenge yourself to be stronger ”

#665 CHALLENGE

FITNESS, SKILLS, MINDFUL



6 FITNESS SESSIONS PER WEEK

Complete 6 fitness sessions per week lasting 15-20 minutes. These can be your favourite online workouts e.g. PE with Joe, LTA Tennis at Home or simple activities of your choosing e.g. daily bike ride or run

SEE PAGE 7 FOR DETAILS

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6 SKILL PRACTICES PER WEEK

Practice makes perfect so try your hand at mastering the weekly skills challenge set by Coach Carl. You will need to practice for at least 5-10 minutes, 6 times per week

SEE PAGES 8-13 FOR DETAILS

6



5 MINDFUL MOMENTS PER WEEK

Taking care of your mind as well as your body is really important especially when we are more socially isolated due to lockdowns and more stressed through home-schooling. Make sure to take some proper times each week to relax and do something for yourself and be kind to your mind

SEE PAGE 14 FOR DETAILS

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***REPEAT FOR SIX WEEKS**

FITNESS

CHALLENGE IDEAS (ADULTS)

There are a wide range of "free" online resources available that you can use for the fitness challenges (see below) or simply use your own regular exercise routine such as bike riding, running or walking. Ideally look to complete 6 sessions per week of at least 15-20mins



PE WITH JOE

Become a home workout hero with Joe Wicks. Famous for his lockdown "PE with Joe" workouts, Joe has loads of free content for adults and kids of all ages

[Learn more](#)



TENNIS AT HOME

Want something more specific to tennis then why not try out the LTA fitness and yoga workouts with Isla Smith (LTA Tutor) and Anna Poyser (LTA Physiotherapist)

[Learn more](#)



ADIDAS WOMEN

Get ready to sweat with at home workouts specially designed by trainers from around the globe.

From yoga and HIIT to primal movement and strength training,

[Learn more](#)



COUCH TO 5K

It's an easy to follow programme known the world over, and perfect for those new to running who need some extra support and motivation

[Learn More](#)



EVOLVE FIT

Why use evolve? No cost, equipment-free functional fitness for workouts at home, outside, or anywhere you have space

[Learn more](#)



LOVE TO RIDE

Riding your bike keeps you fit and healthy, it's also a great way to explore your local surroundings and improve your mental wellbeing

[Learn more](#)

Note: Carl Douglas Tennis Coaching has no affiliation to any of the above sites

SKILLS

WEEK 1 - BALANCE



Being well **balanced** and able to hit off a stable platform is an important skill for tennis players as this allows the player to hit shots with greater power and consistency.

In this simple drill which can be performed indoors or outdoors players can work on their balance on both their dominant and non dominant sides. The drill can be simplified for younger players using bean bags instead of balls or by rising the height of the balls from the floor

If under 18, please check with parents before taking part in any of these challenges

SKILLS

WEEK 2 - COORDINATION



Being well **coordinated** is very important in tennis. Good hand/eye coordination as well as the ability to judge the speed of the incoming ball and being able to match the swing of the racket to the ball are all essential skills for hitting strong powerful strokes.

Today's simple skills drill will help you develop some of those coordination skills. The drill can be simplified for younger players using bean bags or rolled up socks.

If under 18, please check with parents before taking part in any of these challenges

SKILLS

WEEK 3 - CONTROL



Being able to **control** the racket head as it makes contact with the ball is a crucial skill for a tennis player. In this simple skills drill we use the volley (no bounce) to demonstrate how to use a "push" style action rather than a flick.

We then go on to develop some further skills using just the "edge" of the racket. The drills can be simplified for younger players using bean bags, rolled up socks. A balloon could also be used for simplified "edgies"

If under 18, please check with parents before taking part in any of these challenges

SKILLS

WEEK 4 - CORE STRENGTH



Developing **core strength** is essential in tennis players as the core helps to stabilise, optimise momentum, and increase power while playing tennis.

Additionally, a strong core helps to protect players from sustaining injuries – especially those involving the back. This weeks skills challenge focuses on some fun activities to help build that core strength.

If under 18, please check with parents before taking part in any of these challenges

SKILLS

WEEK 5 - REACTION



Tennis players need **quick reactions** but they also need to be able to adapt quickly to changing situations throughout a match.

This week's skills challenge provides opportunities to test your reactions but also to see how well and how quickly you can adapt as the drills become more challenging.

If under 18, please check with parents before taking part in any of these challenges

SKILLS

WEEK 6 - CONSISTENCY



Our final skills challenge in this six week programme focuses on **consistency**. Tennis players must be able repeatedly direct the ball to the part of their opponents court that maximises pressure and creates opportunities for their own winning shots forces their opponent into a mistake.

Even in a limited indoor space we can still use simple drills to practice and improve our consistency. Feel free to adapt the drills to make them more or less challenging.

If under 18, please check with parents before taking part in any of these challenges

MINDFUL

BE KIND TO YOUR MIND..

Taking care of your mind as well as your body is really important. You may feel worried or anxious about your finances, your health or those close to you. Perhaps you feel bored, frustrated or lonely. It's important to remember that it's OK to feel this way and that everyone reacts differently. Take some time for yourself at least 5 times per week and be kind to your mind!



STAY IN TOUCH

Maintaining healthy relationships with people you trust is important for your mental well-being. Stay in touch with friends and family – by phone, messaging, or video calls

[Learn more](#)



NEW SKILL

Try learning something new at home. There are lots of free courses online. You could learn to play a musical instrument, or take up drawing or painting

[Learn more](#)



MUSIC/PODCASTS

Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory.

[Learn more](#)



A GOOD BOOK

A well-written book can transport you to other realms and take the stress out of everyday life. Reading also stimulates the mind so enjoy a good book or maybe join a book club

[Learn more](#)



RELAX

This can help with difficult emotions and worries, and improve our wellbeing. Relaxation techniques or yoga can also help deal with feelings of anxiety.

[Learn more](#)



SLEEP WELL

Good-quality sleep makes a big difference to how we feel, so it's important to get enough. Try to maintain your regular sleeping pattern and stick to good sleep practices

[Learn more.](#)

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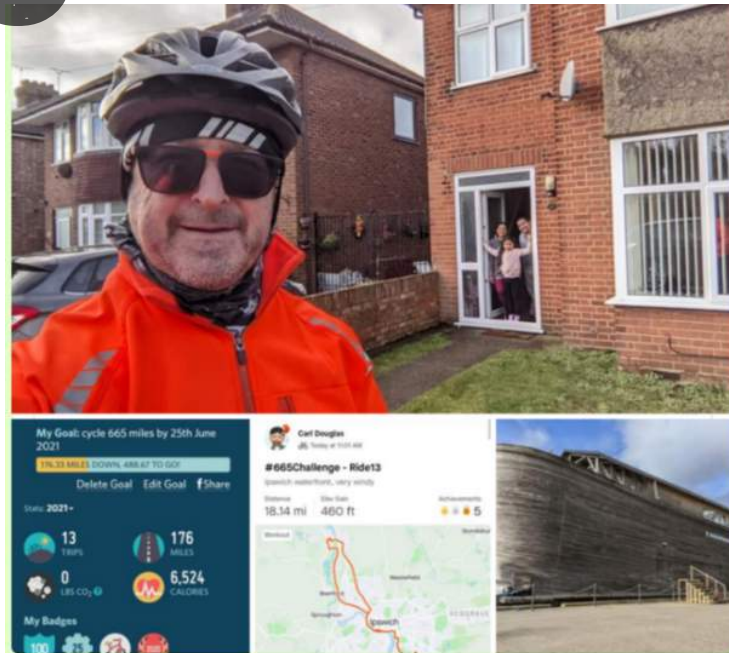
SHARING

A SHARED JOURNEY!

Every fitness journey will have its highs and lows and no doubt some day to day challenges will knock each of us off course from time to time. Also no two people's experiences will be the same as everyone's journey will be unique to them, their personal goals and personal situation.

The good news is though that we are all in this together and however insignificant we might think some of our achievements are, there will be others who relate to them and who may find inspiration and motivation in seeing your progress. This is why we encourage people to share as we probably all got started originally because someone shared their story with us!

There is of course no obligation to share, you can share as much or as little as you feel able to, but where you feel comfortable to do so, I would encourage everyone taking part to share their journey and I have no doubt that we will all be there as a group, positively encouraging each other to succeed.



Completed another #665challenge "cyclepast" today to another of my tennis kids 🟢👍...interesting route took me past Ipswich Waterfront where I got to see Noah's ark!! ..it's amazing what you come across when out on the bike 🚲🚲...don't forget to PM me if you would like me to do a cyclepast to your house 🏠

“a shared journey is one more fully lived”
Alexander Andre

SUMMARY

	ACTIVITY	TIME	REPS
WEEK 1	<ul style="list-style-type: none">• Fitness challenge x 6• Skills practice (balance) x 6• Mindful/Thoughtful x 5	20 min 10 min 10 min	6 times/week 6 times/week 5 times/week
WEEK 2	<ul style="list-style-type: none">• Fitness challenge x 6• Skills practice (coordination) x 6• Mindful/Thoughtful x 5	20 min 10 min 10 min	6 times/week 6 times/week 5 times/week
WEEK 3	<ul style="list-style-type: none">• Fitness challenge x 6• Skills practice (control) x 6• Mindful/Thoughtful x 5	20 min 10 min 10 min	6 times/week 6 times/week 5 times/week
WEEK 4	<ul style="list-style-type: none">• Fitness challenge x 6• Skills practice (strength) x 6• Mindful/Thoughtful x 5	20 min 10 min 10 min	6 times/week 6 times/week 5 times/week
WEEK 5	<ul style="list-style-type: none">• Fitness challenge x 6• Skills practice (reaction) x 6• Mindful/Thoughtful x 5	20 min 10 min 10 min	6 times/week 6 times/week 5 times/week
WEEK 6	<ul style="list-style-type: none">• Fitness challenge x 6• Skills practice (consistency) x 6• Mindful/Thoughtful x 5	20 min 10 min 10 min	6 times/week 6 times/week 5 times/week

GOAL PLANNER

COACH CARL'S #665CHALLENGE

MY GOAL:

Complete 665 mile cycling challenge during lockdown (using a combination of outdoor road bike + indoor static bike) whilst raising £200 for local tennis club. Mileage relates to longest tennis match (665 mins)

START DATE:

1/1/2021

ACHIEVE BY:

31/3/2021



SUB GOALS

- ✓ Complete 665 miles cycling (indoor or outdoor)
- ✓ 6 months max time allowed (>100 miles/month)
- ✓ Give back by raising minimum £200 for club
- ✓ Share my journey/inspire others
- ✓ Set good example (stay within lockdown guidelines)
- ✓ Create follow on #665challenge for others
- ✓ Offer "ride by" to squad members to stay engaged



NOTES & IDEAS:

- All outdoor rides will be within a "local" radius of home, be limited in time and will be circular so that the ride takes place door to door. These precautions will ensure that I stay within the Covid-19 lockdown guidelines for exercise
- Indoor rides will be used to allow challenge progress to continue in poor weather and can include "virtual" rides using the iFit app from all over the world. Mileage records will be exported from iFit to Strava to provide one central record of progress

NAME:

WEEK NUMBER:

HOT SHOTS
CARL DOUGLAS TENNIS COACHING

DID YOU KNOW THAT THE LONGEST TENNIS MATCH IN HISTORY TOOK PLACE AT WIMBLEDON IN 2010 AND LASTED 11 HOURS 5 MINS (OR 665 MINUTES?)
JOIN COACH CARL ON OUR 6 WEEK SELF IMPROVEMENT CHALLENGE: 6 FITNESS CHALLENGES/WEEK, 6 SKILLS CHALLENGES/WEEK, 5 GOOD DEEDS/WEEK

CHALLENGE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
FITNESS SESSION  Coach Carl says let's get moving!	GET MOVING* PE WITH JOE <input type="checkbox"/> LTA TENNIS FIT <input type="checkbox"/> BIKE RIDE/RUN <input type="checkbox"/> OTHER <input type="checkbox"/>	GET MOVING* PE WITH JOE <input type="checkbox"/> LTA TENNIS FIT <input type="checkbox"/> BIKE RIDE/RUN <input type="checkbox"/> OTHER <input type="checkbox"/>	GET MOVING* PE WITH JOE <input type="checkbox"/> LTA TENNIS FIT <input type="checkbox"/> BIKE RIDE/RUN <input type="checkbox"/> OTHER <input type="checkbox"/>	GET MOVING* PE WITH JOE <input type="checkbox"/> LTA TENNIS FIT <input type="checkbox"/> BIKE RIDE/RUN <input type="checkbox"/> OTHER <input type="checkbox"/>	GET MOVING* PE WITH JOE <input type="checkbox"/> LTA TENNIS FIT <input type="checkbox"/> BIKE RIDE/RUN <input type="checkbox"/> OTHER <input type="checkbox"/>	GET MOVING* PE WITH JOE <input type="checkbox"/> LTA TENNIS FIT <input type="checkbox"/> BIKE RIDE/RUN <input type="checkbox"/> OTHER <input type="checkbox"/>
SKILLS PRACTICE  Coach Carl says Never give up!	PRACTICE/PRACTICE COACH CARL'S WEEKLY SKILLS CHALLENGE <input type="checkbox"/>	PRACTICE/PRACTICE COACH CARL'S WEEKLY SKILLS CHALLENGE <input type="checkbox"/>	PRACTICE/PRACTICE COACH CARL'S WEEKLY SKILLS CHALLENGE <input type="checkbox"/>	PRACTICE/PRACTICE COACH CARL'S WEEKLY SKILLS CHALLENGE <input type="checkbox"/>	PRACTICE/PRACTICE COACH CARL'S WEEKLY SKILLS CHALLENGE <input type="checkbox"/>	PRACTICE/PRACTICE COACH CARL'S WEEKLY SKILLS CHALLENGE <input type="checkbox"/>
GOOD DEEDS 	DEED FOR THE DAY! TIDY ROOM <input type="checkbox"/> HOOVER/DISHES <input type="checkbox"/> MAKE MEAL <input type="checkbox"/>	DEED FOR THE DAY! TIDY ROOM <input type="checkbox"/> HOOVER/DISHES <input type="checkbox"/> MAKE MEAL <input type="checkbox"/>	DEED FOR THE DAY! TIDY ROOM <input type="checkbox"/> HOOVER/DISHES <input type="checkbox"/> MAKE MEAL <input type="checkbox"/>	DEED FOR THE DAY! TIDY ROOM <input type="checkbox"/> HOOVER/DISHES <input type="checkbox"/> MAKE MEAL <input type="checkbox"/>	DEED FOR THE DAY! TIDY ROOM <input type="checkbox"/> HOOVER/DISHES <input type="checkbox"/> MAKE MEAL <input type="checkbox"/>	Join me on the #665Challenge! 

GOAL TRACKER

TRACK AND SHARE!

Track - use the personal goal setting sheet and the weekly tracker to record you initial ambitions and your weekly progress. Either print off a tracker sheet for each week or if you have access to a lamintor maybe print one tracker sheet, laminate it, and re-use it each week (make sure to take a photo before wiping it clean though so that you retain a progress record!)

Share - there's no obligation to but we encourage people taking part to share their progress via a couple of photos or a short video that can be lposted to the **#665Challenge WhatsApp** group on a weekly basis. This will help to both validate your own progress but will also act as encouragement for yourself and others in the group (see next page for an example)



COACH CARL'S #665CHALLENGE

Stay active and be kind to your mind with our six week at home wellness challenge.

LET'S GO!

ALL RESOURCES AVAILABLE ONLINE

1 **STEP ONE:** Commit to taking part in the #665Challenge by **signing**.up (under 18's will need a parent to sign them up)

2 **STEP TWO:** Complete the weekly challenges and provide evidence (tracker, photos, video clips etc)

3 **STEP THREE:** everyone who completes the six week programme will receive a certificate



LET'S GO!!

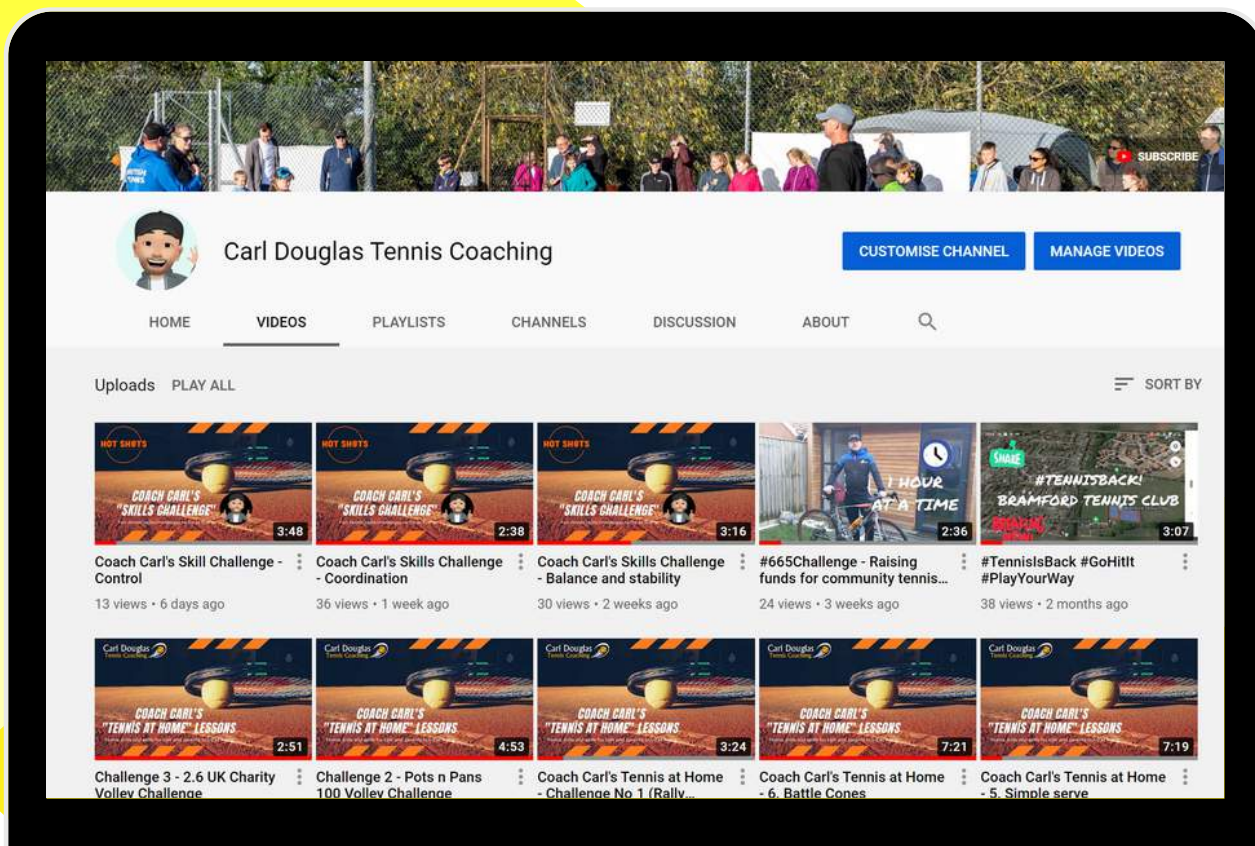
APPENDICES

ADDITIONAL RESOURCES

clubspark.lta.org.uk/CarlDouglasCoaching

SPOTLIGHT

WEEK 1 - COACH CARL'S YOUTUBE



Each week we throw the spotlight on a free or inexpensive resource that will help people remain engaged and active during lockdown (or at times when they are unable to get on court). For week 1, I'm highlighting my own "free" tennis at home lessons and challenges that are hosted on YouTube.

Via the [Carl Douglas Tennis Coaching YouTube](#) channel anyone can access some sample 15-20min tennis at home lessons or try their hand at some of the simple tennis related challenges. Minimal equipment is required (pots and pans can be used instead of a racket, rolled up socks can be used for balls). Given them a try and have some fun!

If under 18, please check with parents before taking part in any of these challenges

SPOTLIGHT

WEEK 2 - LTA TENNIS AT HOME



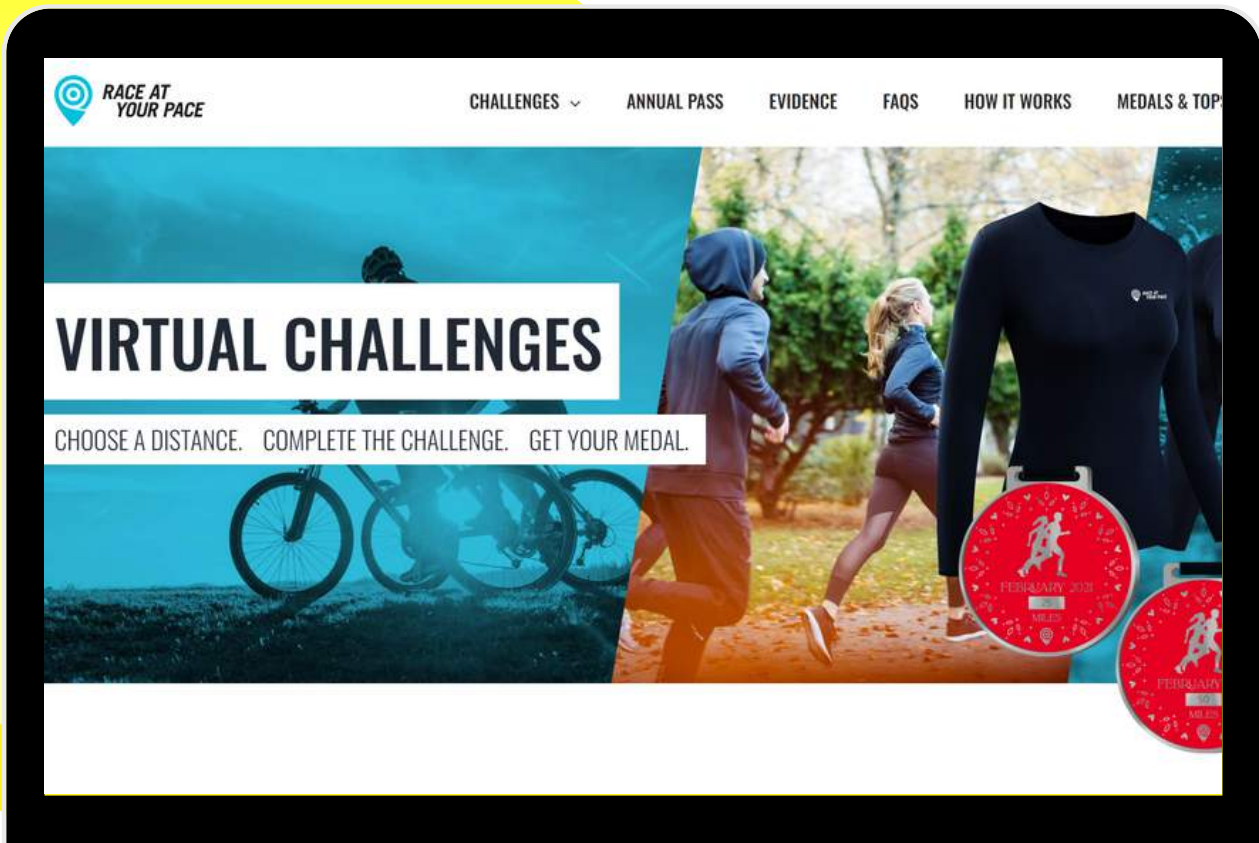
For week 2, my spotlight is the LTA **Tennis at Home hub** which has a wealth of resources including home workouts from some of the LTA's top instructors such as Isla Smith. Each workout lasts for about 15-20mins and all can be done from home with minimal space and equipment.

For those tech savvy among you, the LTA also has channels on a range of social media platforms including Twitter, Instagram, Facebook and Tik Tok where they also provide regular updates and advice on how to stay fit and tennis ready at home.

If under 18, please check with parents before taking part in any of these challenges

SPOTLIGHT

WEEK 3 - RACE AT YOUR PACE



My week 3 spotlight focuses on virtual challenges that you can incorporate into your #665Challenge. These virtual challenge sites do tend to incur a small fee but you can set your own monthly goal (usually distance based) and if you achieve it, the entry fee allows you to get a medal and certificate (for a small additional charge you may be able to get a t-shirt too*)

The site I've personally used for some personal bike challenges in the past is "Race at Your Pace" which offers monthly challenges for walking, cycling or running. Set your own distance and you have the rest of the month to complete. You can find out more on how to take part, costs involved and how to enter at [Race at your pace](#)

* note that Carl Douglas Tennis Coaching has no affiliation to any of the sites mentioned

SPOTLIGHT

WEEK 4 - COUCH TO 5K



COUCH TO 5K

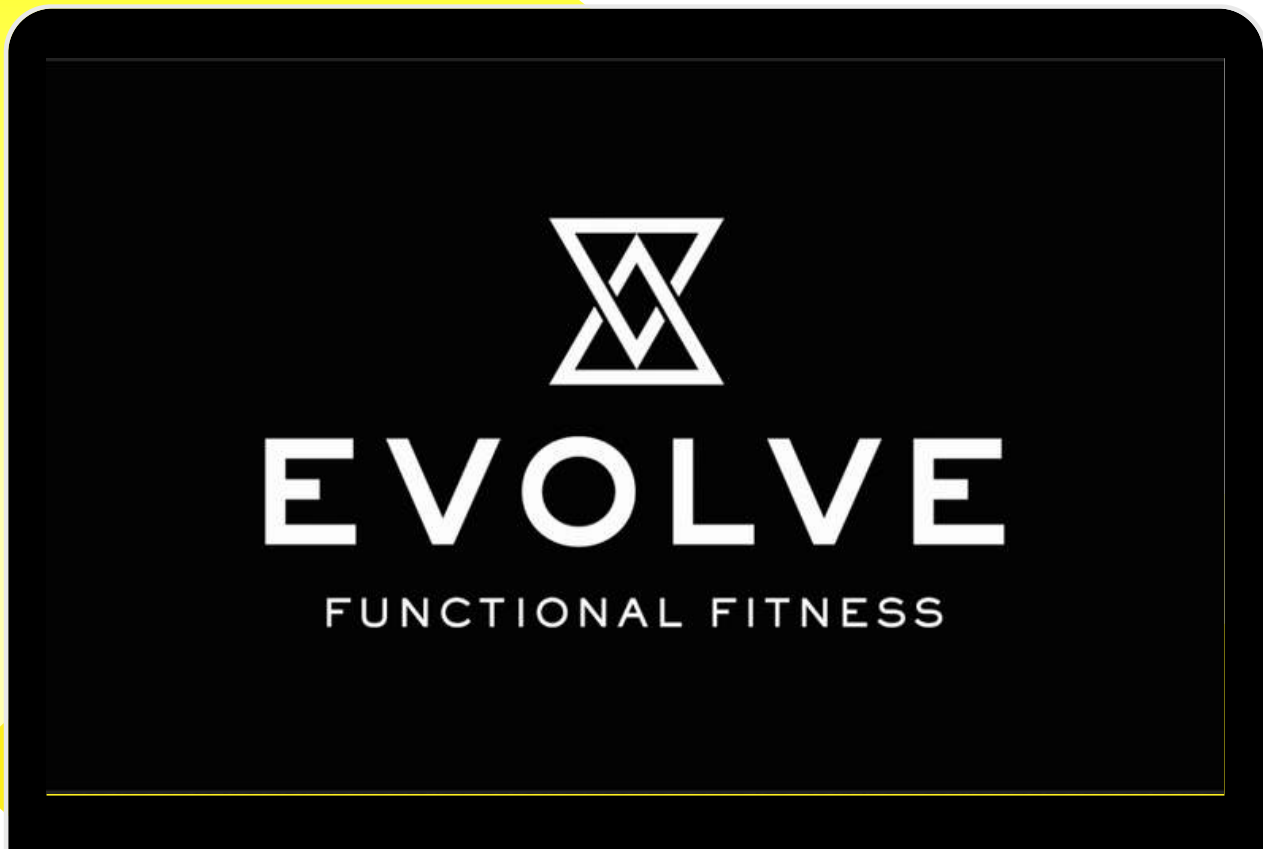
My week 4 spotlight is the One You - Couch to 5K programme. Couch to 5K is a running plan for absolute beginners. The plan involves 3 runs a week, with a day of rest in between, and a different schedule for each of the 9 weeks. Couch to 5K works because it starts with a mix of running and walking to gradually build up your fitness and stamina.

Taking on the challenge of Couch to 5K can help boost your confidence and self-belief, as you prove to yourself that you can set yourself a target and achieve a goal. You can find out more at the NHS [Couch to 5K](#) site

* note that Carl Douglas Tennis Coaching has no affiliation to any of the sites mentioned

SPOTLIGHT

WEEK 5 - EVOLVE FITNESS



My week 5 spotlight focuses on [Evolve Functional Fitness](#) which offers a range of free YouTube workouts that are equipment free and which let you workout at home, outside, or anywhere you have access to a small space.

Like many similar providers they also offer a premium (paid for service) but they also offer a wide range of workouts via their YouTube channel for free focusing on improved strength, agility, core, and overall sports performance (including bonus specialized routines for golf fitness, tennis fitness, and yoga). Find out more by subscribing to the Evolve Functional Fitness YouTube channel.

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SPOTLIGHT

WEEK 6 – LOVE TO RIDE



My week 6 and final spotlight focuses on **Love to Ride** which is a free site that encourages people to cycle more. This is the site that I used (along with Strava) to track my own 665 mile bike challenge, its easy to use and has a nice fun interface.

Starting from 1 March 2021 they run 4 themed weeks, each with a different reason to ride and enjoy all the benefits that biking can bring. From the physical and mental benefits through to the fun and adventurous, Ride it Out is a great way to get healthier and happier whilst helping the planet too.

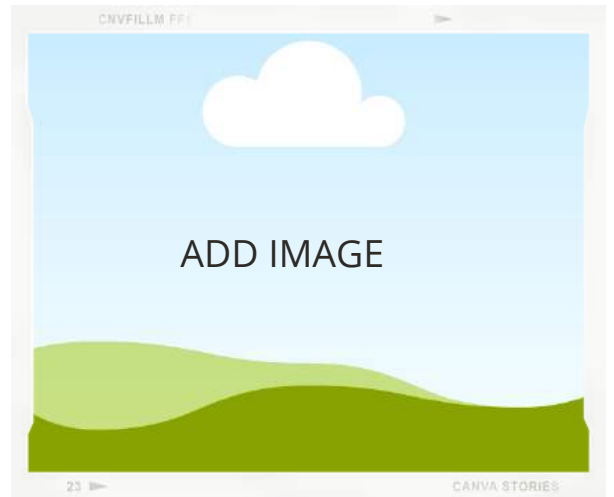
Register for Ride it Out to hop back in the saddle and get ready for a long summer of biking

* note that Carl Douglas Tennis Coaching has no affiliation to any of the sites mentioned

GOAL PLANNER

NAME:

MY GOAL:



START DATE:

ACHIEVE BY:

SUB GOALS:

-
-
-
-
-
-
-

NOTES & IDEAS:

#665CHALLENGE - WEEKLY PLANNER

NAME:

WEEK NUMBER:

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 JOIN COACH CARL ON OUR 6 WEEK SELF IMPROVEMENT CHALLENGE: 6 FITNESS CHALLENGES/WEEK, 6 SKILLS PRACTICES/WEEK, 5 MINDFUL TIMES/WEEK



CHALLENGE

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6



GET MOVING*

PE WITH JOE

LTA TENNIS FIT

BIKE RIDE/RUN

OTHER

GET MOVING*

PE WITH JOE

LTA TENNIS FIT

BIKE RIDE/RUN

OTHER

GET MOVING*

PE WITH JOE

LTA TENNIS FIT

BIKE RIDE/RUN

OTHER

GET MOVING*

PE WITH JOE

LTA TENNIS FIT

BIKE RIDE/RUN

OTHER

GET MOVING*

PE WITH JOE

LTA TENNIS FIT

BIKE RIDE/RUN

OTHER

GET MOVING*

PE WITH JOE

LTA TENNIS FIT

BIKE RIDE/RUN

OTHER



PRACTICE/PRACTICE

COACH CARL'S WEEKLY SKILLS CHALLENGE

PRACTICE/PRACTICE

COACH CARL'S WEEKLY SKILLS CHALLENGE

PRACTICE/PRACTICE

COACH CARL'S WEEKLY SKILLS CHALLENGE

PRACTICE/PRACTICE

COACH CARL'S WEEKLY SKILLS CHALLENGE

PRACTICE/PRACTICE

COACH CARL'S WEEKLY SKILLS CHALLENGE

PRACTICE/PRACTICE

COACH CARL'S WEEKLY SKILLS CHALLENGE



BE KIND TO YOUR MIND

RELAX/YOGA

READ A BOOK

MUSIC/PODCAST

OTHER

BE KIND TO YOUR MIND

RELAX/YOGA

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BE KIND TO YOUR MIND

RELAX/YOGA

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MUSIC/PODCAST

OTHER



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