

HIGH PERFORMANCE PROGRAM

Training sessions 2022



Team USA Weekly Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun			
9.00am	S & C Group 1	S & C Group 2	HPP Group	S & C Group 1	S & C Group 2					
10.15am										
10.15am	S & C Group 2	S & C Group 1			S & C Group 2	S & C Group 1	Active Recovery			
11.30am										
12.30pm										
2.30pm	HPP Group	Squash	Physio	HPP Group Match Day						
3.00pm								Squash		
3.30pm										
4.00pm										
4.30pm										
5.00pm	Sauna	Sauna		Sauna						

Sessions

- Series of four sessions each week
- Vary by

Duration

Drill

Side

Intensity

Team USA Individual Goal Setting

- Sit down with each player frequently to talk about goal setting.
 - Set an attainable benchmark for the goals and give everything you got to achieve them.
 - Give them a notebook to write down their goals and recap in the following meeting.
 - Long-term and short-term squash goals
 - Off-court goals
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Daily Amenities for Players

- Sauna for Recovery
 - Refuel Station
 - Full Gym
 - Stringing
 - Team USA Locker Room
 - Individual Lessons with Ong Benghee
 - Sessions with Other Professionals players
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Analysis of Tournament Matches

- After each tournament, it is important to rewatch your matches and review, with Benghee, on what went well and what needed improvement.
 - Once reviewed, assess what needs to be worked on and what needs to stay the same.
 - This will help with consistent improvement for players
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Professional Lift Sessions

Lift session with Professional trainer.

- Morning lift sessions will build strength and prevent injuries.
 - Doing squash-specific workouts to enhance movement and endurance.
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