SQUASHSTART PLANNER

**The first step to playing squash isn’t always a lunge.**

Playing squash doesn’t always mean playing a marathon match on day one. Or even in month one. If you’re just getting started the key is to go slow, build steadily and enjoy yourself. If you do this in a group, you are far more likely than those who play alone. So grab a friend, a start squash the smart way – SquashStart. Use the planner to stay on track. Complete one week at a time.

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| C:\Users\lukemorriss\AppData\Local\Microsoft\Windows\INetCacheContent.Word\Squash Start Logo.png | | | | | **Name:**  **Club:** | | | |
| **Week** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | | **Friday** | **Saturday** | **Sunday** |
| 1 |  |  |  |  | |  |  |  |
| 2 |  |  |  |  | |  |  |  |
| 3 |  |  |  |  | |  |  |  |
| 4 |  |  |  |  | |  |  |  |
| 5 |  |  |  |  | |  |  |  |
| 6 |  |  |  |  | |  |  |  |
| 7 |  |  |  |  | |  |  |  |
| 8 |  |  |  |  | |  |  |  |

The next step is to increase the intensity. Once you have a base level of skill and fitness, it isn’t always about more time on court, but the level of effort you put in. Find the type of squash activities and playing routine that works for you and stick to it.

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