

tine. "Martina's forty-six," Tirado says, "but her exercises will challenge any fit twenty-five-year-old." Older players should follow Navratilova's example by cross-training, stretching religiously, and doing cardio and strength work every week.

### JUGGLING ACT

To get the blood flowing when they step on court, Navratilova and Tirado do a fast-paced agility drill. They stand facing each other a foot or so from the net, in the doubles alley, each holding a tennis ball. Using shuffle steps, they move across the court while softly tossing the balls to each other, either just in front or just behind the other person. "This is to get Martina moving quickly and reacting to something unpredictable," Tirado says. "I try to wrong-foot her as much as possible, but her reaction time is amazing."

**YOUR TURN:** Try this drill at your next practice after you've warmed up. Toss two balls back and forth with a partner as you cross from one doubles alley to the other and back. Do three sets.

### BELTED IN

Tirado and Navratilova tie a 5-foot "reaction belt" to their waists. "I make quick moves and Martina mirrors me," Tirado says. "The belt on her side is secured with Velcro. If she doesn't stay with me, the belt will come off, so her goal is to keep it on as long as possible."



Navratilova mirrors Tirado's movements, trying to stay close enough to keep a "reaction belt" from falling off.

**YOUR TURN:** A reaction belt is available at [www.power-systems.com](http://www.power-systems.com). With a partner of your fitness level, try this drill for 30 seconds, then rest for 30 seconds; do three sets.

### HOPSCOTCH

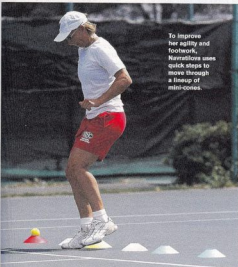
Tirado places 10 mini-cones on the court a foot or so apart. Using short steps, Navratilova must run between them as quickly as she can, both forward and laterally. "This is for foot speed," Tirado says. "Some people think you've either got it or you don't, but you need to work on it regularly to stay quick enough for tennis."

**YOUR TURN:** Place a series of small cones or other low-lying objects close enough so that you must use small steps to move between them. Run forward through them six times, take a one-minute break, then run through them with side steps six times. Do three sets of each.

### ONE-ON-ONE

"Because she's been playing for so long," Tirado says, "probably the hardest thing about helping Martina train is keeping it interesting for her. She loves to play other sports, though, so I use that as much as I can." One-on-one basketball is a favorite and, with its mix of explosive movement and stamina work, a particularly effective way to cross-train for tennis.

**YOUR TURN:** Play one-on-one basketball with someone of your fitness level (full court, if possible) for six-minute intervals with a one-minute break in between. Try to do four or five sets. 🏀



To improve her agility and footwork, Navratilova uses quick steps to move through a lineup of mini-cones.