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<tr><td>MESES</td><td colspan="4">DICIEM</td><td colspan="4">ENERO</td><td colspan="5">FEBRER</td><td colspan="4">MARZO</td><td colspan="4">ABRIL</td><td colspan="5">MAYO</td><td colspan="4">JUNIO</td><td colspan="5">JULIO</td><td colspan="4">AGOST</td><td colspan="4">SEPTIEM</td><td colspan="5">OCTUB</td><td colspan="4">NOVIEM</td></tr>
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<tr><td>CICLOS</td><td colspan="16">CONVENCIONAL</td><td colspan="33">CONTEMPORANEO</td><td colspan="3"></td></tr>
<tr><td>FASES/MACRO</td><td colspan="11">PREPARATORIO</td><td colspan="5">COMPETITIVO</td><td colspan="11">I</td><td colspan="4">II</td><td colspan="9">III</td><td colspan="9">IV</td><td colspan="3">TRANSICIÓN</td></tr>
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<tr><td>MICROC</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>32</td><td>33</td><td>34</td><td>35</td><td>36</td><td>37</td><td>38</td><td>39</td><td>40</td><td>41</td><td>42</td><td>43</td><td>44</td><td>45</td><td>46</td><td>47</td><td>48</td><td>49</td><td>50</td><td>51</td><td>52</td></tr>
<tr><td>COMPET</td><td></td><td></td><td></td><td></td><td></td><td>1</td><td colspan="2">2</td><td></td><td></td><td></td><td></td><td></td><td></td><td>3</td><td>4</td><td colspan="2"></td><td></td><td>5</td><td></td><td>6</td><td>7</td><td></td><td></td><td colspan="2">8</td><td></td><td></td><td colspan="2">9</td><td colspan="2"></td><td colspan="2"></td><td>10</td><td>11</td><td></td><td colspan="2">12</td><td colspan="3"></td><td colspan="2"></td><td>13</td><td></td><td>14</td><td></td><td colspan="3"></td></tr>
</table>

- Torneos del circuito internacional de ATP de categoría inferior a un Gran Slam (Masters, Championship Series o World Series).
- Torneos Gran Slam (Australia, Roland Garros, Wimbledon y Open USA).

<table>
<tr><td>MACROCICLO</td><td colspan="16">CONVENCIONAL</td><td rowspan="6">CICLO CONTEMPOR</td><td colspan="3"></td></tr>
<tr><td>FASES</td><td colspan="11">PREPARATORIO</td><td colspan="5">COMPETITIVO</td><td colspan="3">TRANSICIÓN</td></tr>
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<tr><td>MICROCICLOS</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>50</td><td>51</td><td>52</td></tr>
<tr><td>COMPETICIONES</td><td></td><td></td><td></td><td></td><td></td><td>1</td><td colspan="2">2</td><td></td><td></td><td></td><td></td><td></td><td></td><td>3</td><td>4</td><td></td><td></td><td></td></tr>
<tr><td>CARGAS DE ENTRENAMIENTO</td><td colspan="5">Fuerza Básica: AFG
Resistencia Básica: AER, AEL y AEM
Técnica Básica
Táctica Básica
Flexibilidad
REH</td><td colspan="6">RFAL 1 y RFAL 2
FEA, FEC y CALA
Técnica Específica
Táctica Específica
Flexibilidad
REH</td><td colspan="2">Cargas de varios contenidos combinados:
- RFAL 1 y RFAL 2 con Tec y Tac Específicas (simultáneamente)
- FEC y FEA con CALA (consecutivamente)
- PALA con Téc y Tac (simultáneamente)
Flexibilidad
REH</td><td>Cargas de contenidos integrados en situaciones simuladas de juego:
PALA
CALA
Técnica
Táctica
RFAL 1
RFAL 2
Flexibilidad
REH
TESTS</td><td colspan="2">Carga propia de la competición (incidiendo en potenciar fortalezas y corregir debilidades técnico-tácticas o de condición física)
Flexibilidad
REH</td><td colspan="3">Actividades atractivas para el deportista, alejadas del tennis, descanso y recuperación.</td></tr>
</table>

<table>
<tr><td colspan="33">CONTEMPORANEO</td></tr>
<tr><td colspan="11">I</td><td colspan="4">II</td><td colspan="9">III</td><td colspan="9">IV</td></tr>
<tr><td colspan="2">A</td><td colspan="2">T1</td><td colspan="2">T2</td><td colspan="2">T3</td><td colspan="3">R</td><td>A</td><td>T</td><td colspan="2">R</td><td colspan="2">A</td><td colspan="2">T</td><td colspan="2">R</td><td>T</td><td colspan="2">R</td><td colspan="3">A</td><td colspan="2">T</td><td>R</td><td>T</td><td>R</td><td></td></tr>
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<tr><td colspan="2">Resistencia Básica, Fuerza Básica y Técnico-Táctica Básica.

FLEX
REH</td><td>FRAL 1 y FEC, FRAL 2 y FEA.

FLEX
REH</td><td>MONTECARLO</td><td>PALA y CALA (en situaciones de juego simuladas) y Técnica Específica.

FLEX
REH</td><td>VALENCIA</td><td>ROMA</td><td>PALA (en situaciones simuladas de juego) y Técnica y Táctica de competición.

FLEX
REH</td><td>Preparación de la competición.

FLEX
REH</td><td colspan="2">G.S. ROLAND GARROS</td><td>FEA y FEC

FLEX
REH</td><td>PALA y TÉC ESPECÍFICA

FLEX
REH</td><td colspan="2">G.S. WIMBLEDON</td><td colspan="2">FRAL 1 (cíclica) y FRAL 2 (acíclica), FEA y FEC.

FLEX
REH</td><td colspan="2">CALA, PALA y Técnico-Táctica Específica.

FLEX
REH</td><td colspan="2">Competiciónes de control

MONTREAL Y CINCINNATI

FLEX
REH</td><td>PALA y TÉC ESPECÍFICA

FLEX
REH

TESTS</td><td colspan="2">G.S. US OPEN</td><td colspan="3">FRAL 1 (cíclica) y FRAL 2 (acíclica), FEA y FEC.

FLEX
REH</td><td colspan="2">CALA, PALA y Técnico-Táctica (ensayos) Específica.

FLEX
REH</td><td>MADRID</td><td>CALA, PALA y Técnico-Táctica Específica.

FLEX
REH</td><td>PARIS</td><td>RECUPERACIÓN</td></tr>
</table>