

## How to Plan Your Workouts

To improve golf performance, one must have the ability to hit the ball as accurately and as far as one desires. This requires having the flexibility, strength, power, endurance, and coordination to repeatedly swing a golf club with consistency, often for a few hours duration. While the workouts presented in this program should assist you with improving flexibility, strength, power, endurance, static and dynamic stability, it is also recommended that you consult a golf pro to instruct you on the finer points of learning an effective, efficient, and consistent golf swing.

Your workout plan includes:

- Off Season – 2 different workouts
- Pre Season – 2 different workouts
- In Season - 1 workout
- Dynamic Warm Up
- Flexibility

Using very basic periodization principles, you must first plan your golfing year: when are your major competitions or trips? This can be highly variable since some golfers are playing every weekend, some have a few major competitions throughout the season, while others have non-competitive outings several days per week. Some golf year round, while others switch to other sports during the winter (obvious offseason). Once you have planned your golfing year, you can determine which category of workout to put into place for each time period.

### Off Season

If you are new to strength training or are starting up again after a layoff, begin with the off season workouts no matter what time of year it is! The off season workouts are lower intensity and higher volume, which serve as an anatomical adaptation phase as well as a recovery phase. The emphasis in this phase is to improve core strength, posture, neuromuscular efficiency, and static as well as dynamic balance. This phase will also prepare you for the more demanding strength and power exercises to follow. Beginning weight lifters should stay in this phase of training for 8-12 weeks, while seasoned lifters can spend 4-8 weeks in this phase of training. Beginners or those starting up again after a layoff: start with 1 set of each exercise and gradually work up to 2-3 sets over 8 weeks.

### Pre Season

Try to begin the pre season workouts at least 12 weeks before the golf season begins. This phase is higher intensity and moderate volume compared to the off season workouts and is designed to increase your strength and power. If you are new to strength training, do the off season workouts for at least 8 weeks before beginning this phase, no matter when the golf season begins. Rushing through (or skipping) the anatomical adaptation phase will almost guarantee injury for those who are not accustomed to weight lifting! This is especially true for plyometric exercises such as those in the Pre Season B workout.

### **In Season**

This is during the golf season, and is designed to maintain the strength gains acquired during the off and pre seasons. The exercises are designed to offset some of the more common muscle imbalances that occur as a result of repetitive stress (such as swinging a golf club only right handed). You may also want to include some golf swings in the opposite direction (left handed) after your match each time you play.

### **Rest**

This is the most overlooked facet of training, yet one of the most important. Properly timed rest periods are part of training, and it is during this phase that most gains are made. Training applies stress to the body, rest is when the body actually adapts and responds to the stress by becoming stronger. Too little rest = little (if any) improvement and probably overuse injury. Try to incorporate at 1-2 days of active rest into each week, or pay the price. It is also recommended to rest for 1-2 weeks after the season to avoid overuse injuries. Active rest generally includes lower to moderate intensity cross training types of activities or sports. A day off is fine too – *listen to what your body tells you*. You'll probably appreciate the mental break from training too!

### **Strength Training Weekly Plan**

In general, strength training workouts should take place on non-consecutive days 2-3 times per week. You can alternate A & B workouts each time you exercise, or by week. For example:

strength training twice per week: Monday – A; Thursday – B

strength training 3 times per week: Mon – A; Weds – B; Sat – A (or visa versa)

week 1- workout A, week 2- workout B, etc.

By varying the A & B workouts and phases of training, you will continue to gain strength while avoiding overtraining and hitting a plateau.

### **Daily Workout Plan**

General warm-up 5-10 minutes

Dynamic Warm-up

Strength Training

Cardiovascular Conditioning (walking, jogging, biking, swimming, rowing, etc.)

Cool Down

Flexibility

## Periodization Samples

Sample macrocycle model for golfers in the Northern Hemisphere:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
off	pre	pre	pre	in	in	in	in	in	in	off	off

Sample mesocycle model during off season:

1-2 weeks active rest (late Oct or early Nov)

10-12 weeks off season workouts, 12-15 reps/set for 1-3 sets.

Sample mesocycle model during pre season:

3 weeks pre season workout (each week increase intensity, decrease reps)

1 week off season workout (lower intensity, higher reps)

repeat for duration of pre season

Sample mesocycle model during golf season:

3 weeks in season workout (each week increase intensity, decrease reps)

1 week off season workout OR only 1 set of exercises at lower intensity

repeat for duration of golf season

Do strength training on days when you aren't golfing OR after golfing.

Program designed by K's Body Shop Personal Fitness Training

Sample microcycle model during off season:

Mon: off season A + 30 min walk

Tues: 20 min moderate intensity interval training (ie. 4 min mod intensity: 1 min easy intensity)

Wed: off season B + 45 min easy cardio

Thurs: off

Fri: 20 min moderate intensity cardio intervals (2 min mod intensity: 1 min easy)

Sat: off season A or B (optional) + long easy walk (or other cross training activity)

Sun: off

Sample microcycle model during pre season:

Mon: pre season A + 30 min walk

Tues: 20 min moderately high interval training (hill repeats, intervals on cardio equipment) ie 1 min moderately hard: 1 min rest

Wed: pre season B + 45 min moderately easy cardio

Thurs: off

Fri: 45-60 minutes moderate cardio (60-80% HR Max)

Sat: off season A or B + long easy hike (or other cross training activity)

Sun: off

Sample microcycle model during golf season:

Mon: in season strength training

Tues: golf

Wed: golf

Thurs: in season strength training

Fri: off

Sat: all day golf

Sun: all day golf

## Cardiovascular Conditioning

Again, your specific goals and current level of fitness will determine how you should train. Golf does not require much cardiovascular conditioning in order to be able to participate, but a minimal amount of aerobic exercise is recommended simply for general health. A sample aerobic program is listed below; the duration and intensity is variable depending on your current level of fitness, whether you use a cart, walk and carry your clubs, etc. This should be started at least 12 weeks before the golf season begins.

Minimal aerobics:

5-6 days/week

20 minutes plus additional warm up and cool down

60-85% HR max

Sample pre-season program for recreational golfer:

Mon – 30-60 minutes walking @ steady pace

Tues – 20 minutes interval training (hill repeats, jogging intervals)

Weds – 45-60 min cross training, such as swimming, elliptical

Thurs – off

Fri – 30-60 minutes walking @ steady pace

Sat – long walk: 2-3 hours @ easy pace

Sun – off or cross training

## Final Comments

The examples provided are very general in nature and should be appropriate for most recreational golfers who are in good health. Because each athlete is different, the exact periodization models and specific exercises given in the strength training and conditioning workouts may need to be modified depending on your goals, abilities, and other life responsibilities.

Be sure to do each exercise with proper technique –enlist the expertise of a professional strength coach to check your lifting form if you are unsure whether you are doing an exercise correctly. A common error among athletes is too lift a weight that is too heavy at the expense of doing the exercise correctly - do not push poor technique in order to “get” all the reps planned for a set! Quality is better than quantity.

***Listen to what your body tells you.*** If your training program calls for a high intensity workout day and you feel sore or tired, you will be better served taking an off or active rest day rather than getting a “so-so” workout done. In general, alternate hard days with easy or off days to avoid overtraining.

Have fun!!