



WEEKLY PRACTICE SCHEDULE & WORKOUT REGIMEN

Practice:	10.5 hours per week
Playing:	14 hours per week 1 tournament per week 2 practice rounds per week 1 tournament practice round per week
Training:	10 hours per week Weight training 4 days per week Run 26 miles per week Bike 28 miles a week

PLAYING STATISTICS GOALS

- Average 30.0 putts per round
- Average 9.0 fairways per round
- Average 12.0 greens in regulation
- Average 2.5 birdies per round
- Sand saves: 40%
- Up/down: 50%

The following serves only as an example of what it might take to really play to your potential. This is only a guide and not set in stone. I do, however, follow the workout regimen and playing schedule very closely. My weekly teaching schedule dictates the amount of time available for practice. I also have additional practice drills I use to supplement the drills listed in this schedule.

This does not constitute medical advice or training advice for any individual person. It may or may not be suitable for you. Consult with your medical professional prior to commencing any workout program.



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MONDAY

Practice 1 hr:

15 minutes stretching

Purpose: increase flexibility and lengthen the width of my swing arc

Goal: move the left shoulder over the right knee. Take a 7 iron and holding the left arm with the right – take the club back and hold it there for 30 seconds. Repeat this three times.

15 minutes putting

Purpose: clock drill

Goal: make three 2' putts consecutively repeating this from all 4 directions of the hole. Move the ball back to 3', 4', 5' and repeat - if a putt is missed start over. Also, hit several putts from one side of the green to the other testing for speed.

10 minutes bunker play

Purpose: set up & bunker distance control

Goal: proper set up - pick a target and make 5 short, medium and long bunker shots. Ball is to stop within 5' of hole.

20 minutes iron & wood play

Purpose: alignment & iron direction accuracy

Goal: put clubs on the ground, pick a target and make 5 shots with the odd numbered irons. The ball is to land within 5 yards of the target.

Purpose: alignment & wood direction accuracy

Goal: put clubs down on the ground - pick a target and hit eight fairway 3 woods and eight drivers. The ball is to land within 5 yards of the target.

Playing 4 hrs: Tournament Golf – walk 5 miles

Training 1.5 hrs:

Bike 3.5 miles

Run 2.0 miles under 15 minutes

Sauna 20 minutes

Abs: obliques

Bike 3.5 miles



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TUESDAY

Practice 1 hr:

20 minutes putting

Purpose: work on straight stroke

Goal: find a 6' left to right breaking putt. Read the putt, determine the 100% aim line and set up aiming to 50% of this angle. Make a straight stroke. Make three putts L-R, three R-L and lastly three straight putts.

Purpose: work on putting tempo & feel

Goal: place four tees 17" from the hole – one on each side of the hole. make 9 putts from 10' to the hole or so. Do this from various directions. The ball should come to rest inside the four tees. Get the feel down, the goal is not to make every putt.

20 minutes pitching

Purpose: mid-sole wedge distance accuracy

Goal: make 3 different swings with all four wedges landing the ball within 3 yards of predetermined distances. Five balls per shot.

7:30/4:30 swing

7:30/3:00 swing

9:00/3:00 swing

20 minutes iron & wood play

Purpose: alignment & iron direction accuracy

Goal: pick a target and make 5 shots with the even numbered irons. The ball is to land within 5 yards of the target.

Purpose: alignment & wood direction accuracy

Goal: put clubs down on the ground - pick a target and hit eight 3 woods and 8 drivers. The ball is to land within 5 yards of the target.

Training 2.5 hrs:

Bike 3.5 miles

Run 8 miles under 60 minutes

Chest & Back: 3 stations minimum per muscle group - 3 sets per station moderate weight for 60 seconds

Sauna 20 minutes

Bike 3.5 miles



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WEDNESDAY

Practice 1.5 hrs:

30 minutes putting

Purpose: work on putting tempo & feel

Goal: place four tees 17 inches from the hole – one on each side of the hole. Make 9 putts from 30 feet to the hole or so. Do this from various directions. The ball should come to rest inside the four tees. Get the feel down, the goal is not to make every putt.

Purpose: work on straight stroke

Goal: find a 6' left to right breaking putt. Read the putt, determine the 100% aim line and set up aiming to 50% of this angle. Make a straight stroke. Make three putts L-R, three R-L and lastly three straight putts.

30 minutes pitching

Purpose: leading edge wedge distance accuracy

Goal: make 3 different swings with all four wedges landing the ball within 3 yards of predetermined distances. Five balls per shot.

7:30/4:30 swing

7:30/3:00 swing

9:00/3:00 swing

30 minutes iron & wood play

Purpose: working the ball left to right with my irons

Goal: put clubs on the ground, pick a target, and make 10 fade bias swings with the odd numbered irons. The ball is to start over the initial aim line and then move right to the intended target landing within 5 yards of the target.

Purpose: working the ball left to right with my woods

Goal: put clubs down on the ground, pick a target, and make 10 fade bias swings with the fairway 3 wood and 10 swings with the driver. The ball is to start over the initial aim line and then move right to the intended target landing within 5 yards of the target.

Playing 3 hrs: Morning Practice Round

Training 2 hrs:

Bike 3.5 miles

Triceps & Biceps: 3 stations minimum per muscle group - 3 sets per station moderate weight for 60 seconds

Run: 4 miles under 30 minutes; Sauna 20 minutes

Abs: Front

Bike 3.5 miles



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THURSDAY

Practice 1 hr:

10 minutes stretching

Purpose: increase flexibility and lengthen the width of my swing arc

Goal: move the left shoulder over the right knee. Take a 7 iron and holding the left arm with the right – take the club back and hold it there for 30 seconds. Repeat this three times.

20 minutes chipping

Purpose: work on chipping technique and accuracy

Goal: minimum airtime, maximum roll time. Place four tees 3' from the hole – one on each side of the hole.

1:1 ratio carry to roll = pitching wedge

1:2 ratio carry to roll = 9 iron

1:3 ratio carry to roll = 8 iron as so on

1:1/2 ratio carry to roll = gap wedge

Hit 20 chip shots with each club landing the ball 2-4 paces on the green (place clubs on the green to mark the landing area). The goal is to stop the ball inside the 4 tee markers.

20 minutes pitching

Purpose: trailing edge wedge distance accuracy

Goal: make 3 different swings with all four wedges landing the ball within 3 yards of predetermined distances. Five balls per shot.

7:30/4:30 swing

7:30/3:00 swing

9:00/3:00 swing

20 minutes putting

Purpose: clock drill

Goal: make three 2 foot putts consecutively repeating this from all 4 directions of the hole. Move the ball back to 3', 4', 5' and repeat - if a putt is missed start over. Also, hit several putts from one side of the green to the other testing for speed.

Training 1.5 hrs:

Bike 3.5 miles

Shoulders & calves: 3 stations minimum per muscle group - 3 sets per station moderate weight for 60 seconds

Sauna 15 minutes

Bike 3.5 miles



FRIDAY

Practice 1hr:

15 minutes putting

Purpose: clock drill

Goal: make three 2' putts consecutively repeating this from all 4 directions of the hole. Move the ball back to 3', 4', 5' feet and repeat - if a putt is missed start over. Also, hit several putts from one side of the green to the other testing for speed.

15 minutes bunker play

Purpose: set up & bunker distance control

Goal: proper set up - pick a target and make 5 short, medium and long bunker shots. Ball is to stop within 5' of hole.

15 minutes iron play

Purpose: iron direction accuracy

Goal: put clubs on the ground, pick a target and make 5 shots with the even numbered irons. The ball is to land within 5 yards of the target.

15 minutes wood play

Purpose: alignment & wood direction accuracy

Goal: put clubs down on the ground - pick a target and hit eight fairway 3 woods and eight drivers. Repeat 3 times altering ball flight - draw, fade and straight shot. The ball is to land within 5 yards of the target.

Playing 3 hrs: Afternoon practice round

Training 1 hr: Run 8 miles under 60 minutes
Abs: Lower



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SATURDAY

Practice 2.5 hrs:

10 minutes stretching

Purpose: increase flexibility and lengthen the width of my swing arc

Goal: move the left shoulder over the right knee. Take a 7 iron and holding the left arm with the right – take the club back and hold it there for 30 seconds. Repeat this three times.

20 minutes pitching

Purpose: mid-sole wedge distance accuracy

Goal: make 3 different swings with all four wedges landing the ball within 3 yards of predetermined distances. Five balls per shot.

7:30/4:30 swing

7:30/3:00 swing

9:00/3:00 swing

30 minutes iron play

Purpose: work on iron shot trajectory

Goal: hit low, medium and high shots with the odd numbered irons.

Pick a target and visualize the shot. Hit 10 balls for each shot. Land the ball within 5 yards of the target.

30 minutes chipping

Purpose: work on chipping technique and accuracy

Goal: minimum airtime, maximum roll time. Place four tees 3' from the hole – one on each side of the hole.

1:1 ratio carry to roll = pitching wedge

1:2 ratio carry to roll = 9 iron

1:3 ratio carry to roll = 8 iron as so on

1:1/2 ratio carry to roll = gap wedge

1:1/4 ratio carry to roll = sand wedge etc.

Hit 20 chip shots with each club landing the ball 2-4 paces on the green (place clubs on the green to mark the landing area). The goal is to stop the ball inside the 4 tee markers.



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50 minutes putting

Purpose: work on putting tempo & feel

Goal: place four tees 17 inches from the hole – one on each side of the hole. make 9 putts from 20 & 30 feet to the hole or so. Do this from various directions. The ball should come to rest inside the four tees. Get the feel down, the goal is not to make every putt.

Purpose: work on straight stroke

Goal: find a 6' left to right breaking putt. Read the putt, determine the 100% aim line and set up aiming to 50% of this angle. Make a straight stroke. Make three putts L-R, three R-L and lastly three straight putts then work on straight uphill 10' putt with chalk line or suspended string as your training aid.

20 minutes irons & woods

Purpose: working the ball right to left with my irons

Goal: put clubs on the ground, pick a target, and make 10 draw bias swings with the odd numbered irons. The ball is to start over the initial aim line and then move left to the intended target landing within 5 yards of the target.

Purpose: working the ball right to left with my woods

Goal: put clubs down on the ground, pick a target, and make 10 draw bias swings with the fairway 3 wood and 10 draw bias swings with the driver. The ball is to start over the initial aim line and then move left to the intended target landing within 5 yards of the target.

Training 1.5 hrs:

Run 4.0 miles under 30 minutes

Quads and Hamstrings: 3 stations minimum per muscle group - 3 sets per station moderate weight for 60 seconds

Sauna 15 minutes

Abs: Obliques



SUNDAY

Practice 2.5 hrs:

10 minutes stretching

Purpose: increase flexibility and lengthen the width of my swing arc

Goal: move the left shoulder over the right knee. Take a 7 iron and holding the left arm with the right – take the club back and hold it there for 30 seconds. Repeat this three times

20 minutes bunker play

Purpose: set up & bunker distance control

Goal: proper set up - pick a target and make 5 short, medium and long bunker shots. Ball is to stop within 5 feet of hole.

Purpose: work on fairway bunker shots

Goal: proper set up and focus on hitting the ball on the equator. Pick a target and advance the ball accordingly.

20 minutes pitching

Purpose: leading edge wedge distance accuracy

Goal: make 3 different swings with all four wedges landing the ball within 3 yards of predetermined distances. Five balls per shot

7:30/4:30 swing

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9:00/3:00 swing

20 minutes iron play

Purpose: work on iron shot trajectory

Goal: hit low, medium and high shots with the even numbered irons.

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30 minutes putting

Purpose: work on putting tempo & feel

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Purpose: working the ball left to right with my woods

Goal: put clubs down on the ground, pick a target, and make 10 fade bias swings with the fairway 3 wood and 10 swings with the driver. The ball is to start over the initial aim line and then move right to the intended target landing within 5 yards of the target.

Playing: 4.0 hrs Practice round on the tournament course for this week's event.