

## Interval Golf Program

<b>Always complete proper warm-up and stretching Pre/Post-Activity</b>	<b><u>Monday</u></b>	<b><u>Wednesday</u></b>	<b><u>Friday</u></b>
<b><u>Week 1</u></b>	10 putts 10 chips 5-min rest 15 chips	15 putts 15 chips 5-min rest 25 chips	20 putts 20 chips 5-min rest 20 putts 20 chips 5-min rest 10 chips 10 short irons
<b><u>Week 2</u></b>	20 chips 10 short irons 5-min rest 10 short irons 15 medium irons (5-iron off tee)	20 chips 15 short irons 10-min rest 15 short irons 15 chips Putting 15 medium irons	15 short irons 20 medium irons 10-min rest 20 short irons 15 chips
<b><u>Week 3</u></b>	15 short irons 20 medium irons 10-min rest 15 short irons 15 medium irons 5 long irons 10-min rest 20 chips	15 short irons 15 medium irons 10 long irons 10-min rest 10 short irons 10 medium irons 5 long irons 5 woods	15 short irons 15 medium irons 10 long irons 10-min rest 10 short irons 10 medium irons 10 long irons 10 woods
<b><u>Week 4</u></b>	15 short irons 15 medium irons 10 drives 15-min rest repeat	Play 9 holes	Play 9 holes
<b><u>Week 5</u></b>	Play 9 holes	Play 9 holes	Play 18 holes

\*chips = pitching wedges

\*Short Irons = wedge, 9-iron, 8-iron

\*Medium Irons = 7-iron, 6-iron, 5-iron

\*Long Iron = 4-iron, 3-iron, 2-iron

\*Woods = 3-wood, 5-wood,

\*Drives = Driver

\*\*\*Recommended to use tees to avoid deleterious forces that may be produced during a divot; Swings are initiated at partial effort and progressed to full effort as tolerated\*\*\*