

Golf Training Program

Training Plan

Part 1	Phase 1	Phase 2	Phase 3	Phase 4
pp parameters (f+a)	30/L	35-40/L	40-50/L	30/H
contraction type	Static	Static/Dynamic	Static/Dynamic	Dynamic
velocity movement	n.a.	n.a.	slow/medium	fast
duration (sec.)	30-45-60	30-45-60	30-45-60	30-45-60
# of sets	1-2-3	1-2-3	1-2-3	1-2-3
work:rest ratio	1:2-1:1-2:1	1:2-1:1-2:1	1:2-1:1-2:1	1:2-1:1-2:1
session per week	2	2	2	2
coordination difficulty	easy	easy/medium	medium	medium/difficult
additional task	no	no	no	no
planes of motion	sagittal	sagittal/frontal	sagittal/frontal	sag./fron./tran.
neural demand	little	little	medium	medium/high
conventional & pp	no	no	yes	yes
additional load	no	no	no	no

Exercise Selection:

Exercise	Phase 1	Phase 2	Phase 3	Phase 4
Flexibility:				
Quad/Hip Stretch w/arm overhead reach	yes	yes	yes	yes
Hip External Rotat.'s Stretch	yes	yes	yes	yes
Kneeling Pectoral Stretch w/45 degrees arm	yes	yes	yes	yes
Lat Stretch	yes	yes	yes	yes
Strength:				
Deadlift	yes	yes	yes, w/straps	yes, w/straps
Push-Up	yes, feet on floor	yes, feet on step	yes, feet on step	yes, feet on step
Kneeling Back Extension	yes, arms to chest	yes, arms to head	yes, arms overh.	yes, arms overh.
Pelvis Bridge w/dorsiflexion	yes	yes	Single leg bridge	Single leg bridge
Plank	yes, feet on floor	yes, feet on step	yes, feet on step	w/hip extens.
Massage/Relaxation:				
Low Back Massage	yes	yes	yes	yes
Quad Massage, 1 leg	yes	yes	yes	yes
Abductor Massage	yes	yes	yes	yes