



INTERVAL GOLF PROGRAM

	<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>
1 st week	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
2 nd week	20 chips 10 short irons 5 min rest 10 short irons	20 chips 15 short irons 10 min rest 15 short irons 15 chips Putting	15 short irons 10 medium irons 10 min rest 20 short irons 15 chips
3 rd week	15 short irons 15 medium irons 10 min rest 5 long irons 15 short irons 15 medium irons 10 min rest 20 chips	15 short irons 10 medium irons 10 long irons 10 min rest 10 short irons 10 medium irons 5 long irons 5 woods	15 short irons 10 medium irons 10 long irons 10 min rest 10 short irons 10 medium irons 10 long irons 10 woods
4 th week	15 short irons 10 medium irons 10 long irons 10 drives 15 min rest Repeat	Play 9 holes	Play 9 holes
5 th week	9 holes	9 holes	18 holes

Note: Flexibility exercises before hitting and use ice after hitting. Key to golf program: chips, pitching wedge; short irons, W,9, 8; medium iron, 7, 6, 5; long irons, 4, 3, 2; woods, 3, 5; drives, driver.