HaysMed

Interval Golf Program

General Principles:

The athlete should always perform an appropriate warm-up including stretching exercises before hitting. The athlete should ice the affected extremity for 20 minutes following all activities throughout the protocol. The athlete should perform the workouts every other day, and progress to the next phase when able to complete current phase without pain or difficulty.

The following key will be used to define the clubs used for the protocol:

Chips- LW, SW, PW	Long Irons- 4, 3, 2
Short Irons- PW, 9, 8	Woods- 3, 5
Medium Irons- 7, 6, 5	Drives- Driver

Week 1:

Day 1 10 putts, 10 chips, 5 min. rest, and 15 chips
Day 3 15 putts, 15 chips, 5 min. rest, and 25 chips
Day 5 20 putts, 20 chips, 5 min. rest, 20 putts, 20 chips, 5 min. rest, 10 chips, 10 short irons

Week 2:

Day 1 20 chips, 10 short irons, 5 min. rest, 10 short irons
Day 3 20 chips, 15 short irons, 10 min. rest, 15 short irons, 15 chips, 20 putts
Day 5 15 short irons, 10 medium irons, 10 min. rest, 20 short irons, 15 chips

Week 3:

Day 1 15 short irons, 15 medium irons, 10 min. rest, 5 long irons
15 short irons, 15 medium irons, 10 min. rest, 20 chips
Day 3 15 short irons, 10 medium irons, 10 long irons, 10 min. rest
10 short irons, 10 medium irons, 5 long irons, 5 woods
Day 5 15 short irons, 10 medium irons, 10 long irons, 10 min. rest
10 short irons, 10 medium irons, 10 long irons, 10 woods

Week 4:

Day 1 10 short irons, 10 medium irons, 10 long irons, 10 drives, 15 min. rest, repeat
Day 3 Play 9 holes
Day 5 Play 9 holes

Week 5:

Day 1 Play 9 holes
Day 3 Play 9 holes
Day 5 Play 18 holes

Reference:

Wilk, K. E. & Arrigo, C. A. Interval sport program for the shoulder. In Andrews, J. R., Wilk, K. E. (eds): The Athlete's Shoulder. New York, NY, Churchill Livingstone, 1994.

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