



7858 Shrader Rd  
Richmond, Virginia 23294

## Example Interval Golf Program

The interval golf program is designed so that the athlete can achieve each individual level of golf without pain or complication. The IGP should be supplemented with a weight training program and a flexibility program to maintain the athlete in top physical condition. Weight training should be done on a golf day and should emphasize high repetition with low weight as a maintenance program for the athlete. The athlete should be hitting every other day and using the day between for flexibility and rest. This program has been set up to minimize the risk for re-injury and emphasize warm-up, stretching, proper body and golf mechanics, and the importance of weight training with the golf player.

Formal consultation with a Golf Instructor is recommended to emphasize proper form and mechanics.



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### Requirements for Golfing:

1. Clearance by the athlete's physician
2. Pain-free range of motion
3. Adequate muscle power
4. Adequate muscle resistance to fatigue

The athlete should warm-up by jogging, biking, or jumping rope to increase blood flow and increase the muscular flexibility. Following warm-up, stretching should be performed. Emphasis should be placed on proper technique and body mechanics. The athlete should begin with warm-up. The goal is to be able to hit the specified number of balls without pain.

During the recovery process the athlete may experience soreness and possibly a dull, aching sensation in the muscles and tendons. If the athlete experiences sharp pain, particularly in the joint, stop all golf activity until the pain ceases and call the athlete's physician if pain continues.

This program is based on an individual golf player, and because all players will vary, there is no time for completion of the program. It is essential that the player complete each individual phase with the proper technique and body mechanics and without an increase in pain. Once the phase has been completed, the athlete then progresses to the next phase. This sets up a progression that an individual goal is achieved prior to advancement instead of advancing at a specified time. This will greatly decrease the chance for re-injury and greatly increase the most adequate and safest route to return to competition.



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**Interval Golf Program Abbreviations:**

Chips – pitching wedge

Short irons – W, 9, 8

Medium irons – 7, 6, 5

Long irons – 4, 3, 2

Woods – 3, 5

Drives – driver

	MONDAY	WEDNESDAY	FRIDAY
<b>WEEK 1</b>	10 putts	15 putts	20 putts
	10 chips	15 chips	20 chips
	5' rest	5' rest	5' rest
	15 chips	25 chips	20 putts
			20 chips
			5' rest
			10 chips
			10 short irons
<b>WEEK 2</b>	20 chips	20 chips	15 short irons
	10 short irons	15 short irons	10 med irons
	5' rest	10' rest	10' rest



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	MONDAY	WEDNESDAY	FRIDAY
	10 short irons	15 short irons	20 short irons
		15 chips	15 chips
<b>WEEK 3</b>	15 short irons	15 short irons	15 short irons
	15 med irons	10 med irons	10 med irons
	10' rest	10 long irons	10 long irons
	5 long irons	10' rest	10' rest
	15 short irons	10 short irons	10 short irons
	15 med irons	10 med irons	10 med irons
	10' rest	5 long irons	10 long irons
	20 chips	5 wood	10 wood
<b>WEEK 4</b>	15 short irons	Play 9 holes	Play 9 holes
	10 med irons		
	10 long irons		
	10 drives		
	15' rest		
	Repeat above		
<b>WEEK 5</b>	Play 9 holes	Play 9 holes	Play 18 holes



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