

Chapter 11 - PLANNING THE GOLFER'S YEAR

... or Periodisation

Periodisation is the process of dividing the year into smaller segments that are easier to manage in order for the golfer to peak at the right times. Because the golf season lasts 12 months, the golfer needs to plan with their coach the tournaments they feel are the most important, and then plan to peak for those events.

This has implications for the physical preparation of the golfer, as certain parts of their program may have short term detrimental effects on their performance. For example, during periods where the golfer is concentrating on increasing strength, the focus on resistance training may have a negative effect on timing and feel and may affect performance, especially short game effectiveness.

Once the golfer has selected the tournaments they wish to focus on, a plan can be developed for their physical development. In general, if the golfer needs to increase strength and power as part of their athletic development, this should be done when they do not have tournaments to play. During periods of tournament play, a maintenance strength program can be performed that will not interfere with their golf. Flexibility, movement pattern and core strength exercises can be done year round, and should form part of every workout.

Travel workout plans can also be developed that can be done in hotel rooms, hotel gyms or golf club locker rooms. These plans can be done with minimal or no equipment so as not to be influenced by available resources.

The following table is a brief outline of the different goals of physical preparation in different phases of the golfer's year.