

Phase	Objective	Methods	Notes
No tournament play	Increase strength Increase power Improve cardiovascular fitness Improve motor patterns and core strength Improve flexibility	Resistance training - heavy loads to build strength Plyometric training - explosive movements Cardio training - running, cycling, rower, swimming Core strength training - swiss balls, Pilates, balance drills Golf Specific movement pattern drills Stretching	Technical changes will be difficult to make in this period as effects of training may affect timing and neuromuscular efficiency. Performance is likely to be reduced in this period
Preparation for tournaments	Maintain strength and power Improve cardiovascular fitness Improve motor patterns and core strength Maintain flexibility	Resistance training - lighter loads and more reps Plyometric training - short/sharp workouts Cardio training - running, cycling, rower, swimming Core strength training - swiss balls, Pilates, balance drills Golf Specific movement pattern drills Stretching	Technical changes should be planned to be implemented here, workouts should compliment aims of coach with regard to technical development
Tournament play	Maintain strength/power/cardiovascular fitness Improve motor patterns and core strength Maintain flexibility	Light resistance training - theraband, light weights Plyometric training - short workouts, light loads Cardio training - running, cycling, rower, swimming Core strength training - swiss balls, Pilates, balance drills Golf Specific movement pattern drills Stretching Travelling program structured around tournament schedule	Workouts should be structured around tournament play. No new exercise should be introduced here, program should be familiar to the golfer.