

Interval Golf Program

	Do Flexibility exercises before hitting. Use ice after hitting.		
1st Week	Monday 10 putts 10 chips 5 minute rest	Wednesday 15 putts 15 chips 5 minute rest	Friday 20 putts 20 chips 5 minute rest 20 putts 20 chips 5 minute rest 10 chips 10 short irons
2nd Week	Monday 20 chips 10 short irons 5 minute rest 10 short irons	Wednesday 20 chips 15 short irons 10 minute rest 15 short irons 15 chips putting	Friday 15 short irons 10 medium irons 10 minute rest 20 short irons 15 chips
3rd Week	Monday 15 short irons 15 medium irons 10 minute rest 5 long irons 15 short irons 15 medium irons 10 minute rest 20 chips	Wednesday 15 short irons 10 medium irons 10 long irons 10 minute rest 10 short irons 10 medium irons 5 long irons 5 wood	Friday 15 short irons 10 medium irons 10 long irons 10 minute rest 10 short irons 10 medium irons 10 long irons 10 wood
4th Week	Monday 15 short irons 10 medium irons 10 long irons 10 drives 15 minute rest Repeat	Wednesday Play 9 holes	Friday Play 9 holes
5th Week	Monday Play 9 holes	Wednesday Play 9 holes	Friday Play 18 holes

Key To Golf Program

Chips - Pitching Wedge | Short Irons - W, 9, 8 | Medium Irons - 7, 6, 5
Long Irons - 4, 3, 2 | Woods - 3, 5 | Drives - Driver