

GOLF PERFORMANCE



STRENGTH & CONDITIONING PROGRAMME

Terry Gilchrist Personal Training

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Swing Stronger

A 6-week golf performance plan to build a more stable, powerful swing and protect your back and hips.

By Terry Gilchrist, advanced personal trainer.

Most golfers work on their swing. Very few work on the body that has to produce it.

The golf swing is one of the most demanding movements in sport. In under two seconds, your body loads, rotates and unwinds at speed, then has to stop it all safely, and you'll repeat that 70 to 100 times a round, plus every practice swing. If your hips are stiff, your upper back doesn't turn, or your core can't control rotation, that force doesn't disappear. It goes into your lower back. That's why back and hip niggles are so common in golfers of every standard.



This programme is designed to change that. It's built for golfers who are new to strength training and want a more stable, more powerful swing with less strain on the body. You don't need any lifting experience, just two strength sessions and one conditioning session a week, each lasting 45 to 60 minutes.

The plan runs for six weeks, split into three two-week phases:

- Foundation: learn the key movement patterns and build control.
- Build: add load and single-leg strength.
- Power: add speed, turning that new strength into rotational power you can take onto the course.

Each phase keeps the same core movements but raises the demand, so you learn a movement before you load it, and load it before you speed it up.

Every session starts with a 10-minute golf-specific warm-up that targets the two areas that most often hold golfers back: the thoracic spine and the hips. It also doubles as a pre-round routine, so keep it in your bag long after the six weeks are up.

You'll also find a conditioning day designed to keep your energy and swing quality from fading over the back nine, plus simple screening tests to measure your progress from week one to week six.

There are no gimmicks and no shortcuts here, just a structured, progressive plan built on proven training principles. Put in the work, follow the teaching points, and you'll give yourself the best chance of swinging stronger, staying consistent for longer and keeping your body in the game.

BEFORE YOU START: CHECK WHERE YOU ARE

Before your first session, take five minutes to do three simple checks. They show you how your body moves right now. At the end of week 6, you'll do the same checks again and compare. It's the easiest way to see that the plan is working, even when progress feels slow.

There's no pass or fail. Just do your best, be honest, and write down what you notice. Taking a quick photo or video on your phone makes comparing even easier.

CHECK 1: UPPER BACK TURN

Why: a good turn through your upper back means your lower back doesn't have to do the twisting in your swing.

Sit on a bench or chair with your feet flat and knees together.

Hold a golf club across the front of your shoulders.

Without letting your knees or hips move, turn your shoulders as far as you can to the left, then to the right.

Ask yourself: Did I turn easily? Was one side harder than the other?

CHECK 2: HIP TURN

Why: your hips need to rotate freely to turn back and through the ball.

Sit on the floor with both knees bent. Have one leg in front of you and the other out to the side, so both knees make an L shape.

Lift your knees and rotate them over to the other side, so the legs swap positions.

Try it without using your hands, and use them if you need to.

Ask yourself: Could I do it without my hands? Was one direction stiffer?

CHECK 3: BALANCE

Why: good balance keeps you stable as your weight shifts through the swing.

Stand on one leg with your hands on your hips, then close your eyes.

Count how many seconds you can hold it, up to 30.

Stop counting when your foot touches down or you open your eyes. Repeat on the other leg.

MY RESULTS

For checks 1 and 2, rate each side: Easy, OK or Tight. For check 3, write down your time.

	Week 1	Week 6
Upper back turn – left	-----	-----
Upper back turn – right	-----	-----
Hip turn – left	-----	-----
Hip turn – right	-----	-----
Balance – left leg	----- s	----- s
Balance – right leg	----- s	----- s

At the end of week 6, compare your two columns. Any move from Tight to OK, or a few more seconds of balance, is real progress.

Golf Warm-Up (every session, 10 minutes)

Complete workout A, B & C every week.

Steady state cardio 4–5 min

Teaching points: Start easy, build to a pace where you can just about hold a conversation

Open books 6 per side

Teaching points: Knees stacked and pinned; reach the top arm back, eyes follow the hand, breathe out at the end

TRX deep squat hold 3 x 20 s

Teaching points: Sit between the heels, chest up, knees pushed out over toes; slow breathing

World's greatest stretch 4 per side

Teaching points: Long lunge, back knee off the floor; elbow to instep, then rotate and reach to the ceiling

TRX golf rotations 8 per side

Teaching points: Arms long, lean back; hips and chest turn together, pivot the back foot like your swing

DAP face pulls, light 1 x 15

Teaching points: Elbows high, pull to the forehead, finish thumbs back; smooth, not heavy



Open book

Opens up your upper back, so your swing turns from there rather than your lower back.

Teaching points

- Lie on your side with your knees bent, stacked and pinned together, and both arms out in front.
- Sweep your top arm over to the other side, letting your eyes follow your hand.
- Breathe out at the end and let your chest open. Don't force it.
- Keep your knees together throughout.



Deep squat

Opens up your hips and ankles so you can hold a stable, athletic posture through the swing.

Teaching points

- Hold the TRX handles with your arms straight and your feet just wider than hip-width.
- Sit down between your heels as low as you comfortably can, keeping your chest tall.
- Keep your heels down and push your knees out over your toes.
- Breathe slowly and relax into the position, using the straps for support.



Greatest stretch

Opens up your hips, hamstrings and upper back in one move, which makes it ideal before a round.

Teaching points

- Step into a long lunge, with your back knee off the floor and both hands down inside your front foot.
- Drop your inside elbow towards the instep of your front foot.
- Rotate and reach that arm up to the ceiling, letting your eyes follow your hand.
- Return the hand to the floor, then switch sides.

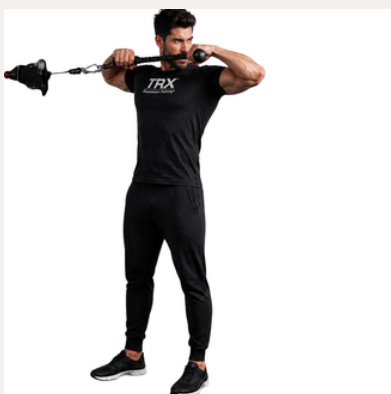


TRX standing rotation

Rehearses the swing turn, so your hips and chest learn to rotate together.

Teaching points

- Face the anchor, holding one handle in one hand with your arm straight, and lean back slightly.
- Turn your hips and chest away from the anchor, reaching your free arm back as you open up.
- Pivot onto the ball of your back foot as you turn, just like in your swing.
- Rotate back to face the anchor with control, then switch arms after 8 reps.



Face pull

Wakes up your upper back and shoulders, helping you hold good posture through the swing.

Teaching points

- Set the pulley at head height with a rope attachment, and hold the ends with your thumbs pointing back towards you.
- Step back so your arms are straight and the rope is under tension.
- Pull the rope towards your forehead, keeping your elbows high and wide.
- Finish with your thumbs pointing back and your shoulder blades squeezed, then return slowly.

Phase 1: **Foundation** (weeks 1–2)



Phase 1 – Day A: Lower Body & Anti-Rotation

Goblet squat to bench 2–3 x 10

Teaching points: Bell tight to chest; sit back and down to tap the bench, knees out, drive through mid-foot

Dumbbell Romanian deadlift 2–3 x 10

Teaching points: Soft knees, push hips back; bells slide down the thighs, stop when hamstrings tighten, flat back

Split squat 2–3 x 8 per side

Teaching points: Long stance, torso tall; back knee drops straight down, front heel stays planted

Glute bridge 2–3 x 12

Teaching points: Feet under knees, ribs down; drive through heels, squeeze glutes 2 s, don't arch the lower back

Pallof press 2–3 x 10 per side

Teaching points: Cable at chest height, stand side-on; press straight out, hold 2 s, don't let it pull you round

Dead bug 2–3 x 8 per side

Teaching points: Lower back pressed into the mat; extend opposite arm and leg slowly, breathe out as you reach



Phase 1 – Day B: Upper Body & Rotation

TRX row 2–3 x 10

Teaching points: Rigid plank from heels to head; pull hands to ribs, squeeze shoulder blades, lower slowly

Dumbbell bench press 2–3 x 10

Teaching points: Shoulder blades pinned, feet planted; 2 s lower to chest level, press up and slightly in

Lat pulldown 2–3 x 12

Teaching points: Chest up, slight lean back; elbows to back pockets, bar to top of chest, no swinging

Half-kneeling cable chop (high to low) 2–3 x 10 per side

Teaching points: Hips square to the front; turn through the upper back as the rope crosses the body, ribs down

Half-kneeling cable lift (low to high) 2–3 x 10 per side

Teaching points: Brace before you move; pull low to high across the body, finish tall without leaning back

Face pull 2–3 x 12

Teaching points: Elbows high, pull to the forehead; finish thumbs back, shoulders away from ears

Side plank (knees or feet) 2–3 x 20 s per side

Teaching points: Elbow under shoulder, push the floor away; hips high, straight line head to knee/heel, keep breathing





Phase 2: **Build** (weeks 3–4)



Phase 2 – Day A: Lower Body & Anti-Rotation

Goblet squat or barbell box squat 3 x 8

Teaching points: Sit to the box under control, don't drop; knees out, drive up through the whole foot. Barbell only if the goblet squat is solid

Barbell Romanian deadlift 3 x 8

Teaching points: Bar brushes the thighs; hips back, flat back, stop when the hips stop, squeeze glutes to stand

Rear-foot-elevated split squat 3 x 8 per side

Teaching points: Front foot far enough out that the heel stays down; slight forward lean, back knee drops straight down

Single-leg Romanian deadlift (supported) 3 x 8 per side

Teaching points: Light hand on the rack; hips square to the floor, reach the back heel long, standing knee soft

Split-stance Pallof press with 3 s hold 3 x 8 per side

Teaching points: Front knee soft, ribs down; press out, hold 3 s, breathe without letting hips or chest turn

Suitcase carry 3 x 20 m per side

Teaching points: Shoulders level, walk tall with slow steps; don't lean toward or away from the weight



Phase 2 – Day B: Upper Body & Rotation

Single-arm dumbbell row 3 x 10 per side

Teaching points: Hand and knee on the bench, flat back; pull elbow to the hip, chest stays square to the floor

Half-kneeling single-arm cable press 3 x 10 per side

Teaching points: Squeeze the glute of the down knee; press straight out, don't let the cable turn your chest

Seated low row 3 x 10

Teaching points: Sit tall; pull to the stomach, squeeze 1 s, return without rocking back and forth

Standing cable rotation, hip-led 3 x 8 per side

Teaching points: Back hip turns first, chest follows, arms just go along for the ride; pivot the back foot

TRX Y and T raises 3 x 8 each

Teaching points: Lean back, arms straight, thumbs up; lift into Y then T, shoulders down away from ears

Side plank with reach-through 3 x 8 per side

Teaching points: Hips high throughout; thread the top arm under, eyes follow it, then open back to the ceiling



Phase 3:
Power
(weeks 5–6)

Phase 3 – Day A: Lower Body Power & Strength

Squat jump with stick landing 3 x 5

Teaching points: Quick dip, arms drive, explode up; land soft on mid-foot, knees out, hold 2 s

Skater bound with stick 3 x 4 per side

Teaching points: Push sideways off the outside foot like the downswing weight shift; land balanced, knee over toes, hold

Barbell box squat or heavy goblet squat 3 x 6

Teaching points: Controlled down, brief pause on the box; stay braced and drive up hard

Barbell Romanian deadlift 3 x 6

Teaching points: Same form as Phase 2, heavier; bar close, flat back, finish with glutes, not by leaning back

Lateral lunge 3 x 8 per side

Teaching points: Step wide, sit back into the hip, trailing leg straight; push the floor away to return

Pallof press walkout 3 x 6 per side

Teaching points: Arms locked out at chest height; step away slowly and back without the cable turning you



Phase 3 – Day B: Rotational Power & Upper Strength

Speed cable rotation (hip-to-shoulder) 4 x 5 per side

Teaching points: Hips start it, chest and arms follow fast; slow 2–3 s return, stop when speed drops

Rotational cable punch 3 x 6 per side

Teaching points: Load the back hip; drive from the back foot through the hip, then punch across

Dumbbell bench press 3 x 6–8

Teaching points: Same set-up as Phase 1, heavier; controlled lower, strong press

Lat pulldown 3 x 8

Teaching points: Full stretch at the top, arms long; elbows to back pockets, no swinging

Single-arm TRX row with rotation 3 x 8 per side

Teaching points: Row to the ribs, then rotate the chest open to the ceiling; reverse slowly

Farmer carry 3 x 30 m

Teaching points: Shoulders back and down, walk tall; quick short steps, tight grip





Day C: Conditioning

Day C: Conditionin

Weeks 1–2: 25–30 min steady

Teaching points: Recumbent bike, Peloton, or incline treadmill walk (5–8%). Can talk in full sentences

Weeks 3–4: 6 x 1 min moderate / 1 min easy, then 10 min steady

Teaching points: Rower or Peloton. Short phrases only in work intervals

Weeks 3–4 (alt.): 30 min incline walk

Teaching points: Treadmill, 8–10%. Mimics walking a hilly course

Weeks 5–6: 8 x 20 s hard / 100 s easy

Teaching points: Peloton or recumbent bike. Hard but repeatable, same output each round

Weeks 5–6 (alt.): 5 x 250 m, 2 min easy between

Teaching points: Rower. Strong and consistent split, not an all-out sprint



GOLF PERFORMANCE

Exercise teaching points

Good form comes first:
these teaching points
show you how to set up,
move and get the most
from every exercise.



PHASE 1: FOUNDATION (weeks 1–2)

Day A: Lower body and anti-rotation

GOBLET SQUAT TO BENCH | 2–3 x 10

Builds leg strength and teaches a solid squat pattern.

- Hold a dumbbell tight to your chest, with your feet shoulder-width apart in front of a bench.
- Sit back and down until you lightly touch the bench.
- Keep your chest tall and push your knees out over your toes.
- Drive through your whole foot to stand.

DUMBBELL ROMANIAN DEADLIFT | 2–3 x 10

Strengthens your hamstrings and glutes and teaches you to hinge from the hips, not the back.

- Stand tall holding the dumbbells in front of your thighs, knees soft.
- Push your hips back, sliding the dumbbells down your thighs.
- Keep your back flat and stop when you feel a stretch in your hamstrings.
- Squeeze your glutes to stand back up.

SPLIT SQUAT | 2–3 x 8 per side

Builds single-leg strength and balance for a stable base.

- Take a long stride, with your back heel lifted.
- Lower your back knee straight down towards the floor.
- Keep your torso tall and your front heel planted.
- Push through your front foot to rise. Start with bodyweight before adding dumbbells.

GLUTE BRIDGE | 2–3 x 12

Switches on your glutes, the engine of a powerful swing.

- Lie on your back with your knees bent and feet flat, under your knees.
- Drive through your heels and lift your hips.
- Squeeze your glutes for 2 seconds at the top.
- Keep your ribs down so your lower back doesn't arch.

PALLOF PRESS | 2–3 x 10 per side

Trains your core to resist rotation, for a more stable swing.

- Set the cable at chest height and stand side-on, holding the handle at your chest.
- Press your hands straight out in front.
- Hold for 2 seconds without letting the cable pull you round.
- Bring your hands back to your chest with control.

DEAD BUG | 2–3 x 8 per side

Builds core control while your arms and legs move, just like in the swing.

- Lie on your back with your arms up and knees bent at 90 degrees.
- Press your lower back into the mat.
- Slowly extend your opposite arm and leg, breathing out as you reach.
- Return and switch sides, keeping your lower back down throughout.

PHASE 1: FOUNDATION (weeks 1–2)

Day B: Upper body and rotation

TRX ROW | 2–3 x 10

Strengthens your upper back for better posture over the ball.

- Hold the handles and lean back, with your body in a straight line from heels to head.
- Pull your hands to your ribs, squeezing your shoulder blades together.
- Keep your body rigid, without sagging your hips.
- Lower slowly. Walk your feet forward to make it harder.

DUMBBELL BENCH PRESS | 2–3 x 10

Builds upper-body pushing strength and shoulder stability.

- Lie on the bench with your feet planted and shoulder blades pinned back.
- Lower the dumbbells to chest level over 2 seconds.
- Press up and slightly in.
- Keep your lower back in contact with the bench.

LAT PULLDOWN | 2–3 x 12

Strengthens your back and lats, key muscles in the downswing.

- Sit tall with a slight lean back and grip the bar wider than your shoulders.
- Pull your elbows down towards your back pockets.
- Bring the bar to the top of your chest.
- Control it back up without swinging your body.

HALF-KNEELING CABLE CHOP (HIGH TO LOW) | 2–3 x 10 per side

Teaches you to rotate through your upper back while your hips stay stable.

- Kneel side-on to a high cable, with your inside knee down.
- Keep your hips square to the front and your ribs down.
- Pull the rope down and across your body, turning through your upper back.
- Return with control.

HALF-KNEELING CABLE LIFT (LOW TO HIGH) | 2–3 x 10 per side

Builds controlled rotation and core strength in the opposite direction.

- Kneel side-on to a low cable, with your outside knee down.
- Brace your core before you move.
- Pull the rope up and across your body.
- Finish tall without leaning back.

FACE PULL | 2–3 x 12

Strengthens your upper back and shoulders for posture and shoulder health.

- Set the cable at head height with a rope, thumbs pointing back.
- Pull the rope to your forehead, with your elbows high and wide.
- Finish with your thumbs back and shoulder blades squeezed.
- Return slowly.

PHASE 1: FOUNDATION (weeks 1–2)

Day B: Upper body and rotation cont 1

SIDE PLANK (KNEES OR FEET) | 2–3 x 20
seconds per side

Strengthens the side of your core that
stabilises you through the swing.

- Lie on your side with your elbow under your shoulder.
- Push the floor away and lift your hips.
- Hold a straight line from your head to your knees or heels.
- Keep breathing. Start on your knees if needed.



PHASE 2: BUILD (weeks 3–4)

Day A: Lower body and anti-rotation

GOBLET SQUAT OR BARBELL BOX SQUAT | 3 x 8

Adds load to build stronger legs.

- Sit back to the box under control, without dropping onto it.
- Keep your chest tall and your knees out.
- Drive up through your whole foot.
- Only move to the barbell once your goblet squat is solid.

BARBELL ROMANIAN DEADLIFT | 3 x 8

Builds hip and hamstring strength for a powerful, safe hinge.

- Stand tall with the bar against your thighs and your knees soft.
- Push your hips back, keeping the bar close to your legs.
- Stop when your hips stop moving back, keeping your back flat.
- Squeeze your glutes to stand.

REAR-FOOT-ELEVATED SPLIT SQUAT | 3 x 8 per side

Builds single-leg strength for a stronger, more stable lead leg.

- Rest your back foot on a bench behind you.
- Place your front foot far enough forward that your heel stays down.
- Lower your back knee straight down, with a slight forward lean.
- Drive through your front foot to rise.

SINGLE-LEG ROMANIAN DEADLIFT (SUPPORTED) | 3 x 8 per side

Improves balance and hip control on one leg.

- Rest one hand lightly on the rack for support.
- Hinge forward on one leg, reaching your back heel long behind you.
- Keep your hips square to the floor.
- Keep your standing knee soft, then return to tall.

SPLIT-STANCE PALLOF PRESS WITH 3-SECOND HOLD | 3 x 8 per side

Builds anti-rotation strength in a golf-like stance.

- Stand side-on to the cable in a split stance, with your front knee soft.
- Press the handle straight out and hold for 3 seconds.
- Keep your ribs down and your hips and chest facing forward.
- Breathe steadily throughout the hold.

SUITCASE CARRY | 3 x 20 metres per side

Builds core strength that resists side bending.

- Hold a heavy dumbbell in one hand.
- Walk tall with your shoulders level.
- Take slow, controlled steps.
- Don't lean towards or away from the weight.

PHASE 2: BUILD (weeks 3–4)

Day B: Upper body and rotation

SINGLE-ARM DUMBBELL ROW | 3 x 10 per side

Builds back strength while training your torso to stay still.

- Place one hand and knee on the bench, with your back flat.
- Pull the dumbbell towards your hip.
- Keep your chest square to the floor without twisting.
- Lower with control.

HALF-KNEELING SINGLE-ARM CABLE PRESS | 3 x 10 per side

Combines pressing strength with resisting rotation.

- Kneel with the cable behind you, holding the handle at your chest.
- Squeeze the glute of your down knee.
- Press straight out in front.
- Don't let the cable turn your chest.

SEATED LOW ROW | 3 x 10

Strengthens your mid-back for posture and control.

- Sit tall with your chest up.
- Pull the handle to your stomach.
- Squeeze your shoulder blades for 1 second.
- Return without rocking back and forth.

STANDING CABLE ROTATION, HIP-LED | 3 x 8 per side

Teaches the correct swing sequence: hips first, then chest, then arms.

- Stand side-on to the cable with your arms extended.
- Turn your back hip first and let your chest follow.
- Let your arms simply go along for the ride.
- Pivot your back foot as you turn.

TRX Y AND T RAISES | 3 x 8 each

Strengthens the small shoulder muscles that keep your shoulders healthy.

- Hold the handles with your arms straight and thumbs up, and lean back.
- Raise your arms overhead into a Y shape.
- Then open them out to the sides into a T.
- Move slowly and keep your shoulders away from your ears.

SIDE PLANK WITH REACH-THROUGH | 3 x 8 per side

Adds controlled rotation to side-core strength.

- Set up in a side plank with your hips high.
- Thread your top arm under your body, letting your eyes follow it.
- Rotate back open and reach to the ceiling.
- Keep your hips lifted throughout.

PHASE 3: POWER (weeks 5–6)

Day A: Lower body power and strength

SQUAT JUMP WITH STICK LANDING | 3 x 5

Develops explosive leg power and safe landing control.

- Dip quickly and drive your arms.
- Explode up as high as you can.
- Land softly on your mid-foot with your knees out.
- Hold the landing for 2 seconds before the next rep.

SKATER BOUND WITH STICK | 3 x 4 per side

Trains the side-to-side power of the downswing weight shift.

- Push sideways off your outside foot.
- Land on the opposite foot, balanced.
- Keep your knee in line with your toes.
- Hold the landing before bounding back.

BARBELL BOX SQUAT OR HEAVY GOBLET SQUAT | 3 x 6

Builds maximum leg strength with heavier loads.

- Lower with control to the box.
- Pause briefly.
- Stay braced and drive up hard with intent.
- Keep your chest tall throughout.

BARBELL ROMANIAN DEADLIFT | 3 x 6

Heavier hinge work for a powerful posterior chain.

- Use the same form as Phase 2 with a heavier load.
- Keep the bar close and your back flat.
- Finish by squeezing your glutes.
- Don't lean back at the top.

LATERAL LUNGE | 3 x 8 per side

Builds strength and mobility through the hips in a side-to-side direction.

- Hold a dumbbell at your chest and step wide to one side.
- Sit back into that hip, keeping your trailing leg straight.
- Keep your chest up and your foot flat.
- Push the floor away to return to the centre.

PALLOF PRESS WALKOUT | 3 x 6 per side

Challenges your core to resist rotation under increasing tension.

- Hold the handle at chest height with your arms locked out.
- Step away from the anchor slowly.
- Step back in, without letting the cable turn you.
- Keep your hips and chest square throughout.

PHASE 3: POWER (weeks 5–6)

Day B: Rotational power and upper strength

SSPEED CABLE ROTATION (HIP-TO-SHOULDER) | 4 x 5 per side

Turns your strength into fast rotational power for more clubhead speed.

- Use a light weight and stand side-on to the cable.
- Start the movement with your hips, then let your chest and arms follow fast.
- Turn explosively, then return slowly over 2–3 seconds.
- Stop the set as soon as your speed drops.

ROTATIONAL CABLE PUNCH | 3 x 6 per side

Links leg drive to upper-body power, just like the downswing.

- Stand facing away from the cable, holding the handle at your chest.
- Load your back hip.
- Drive from your back foot through your hip.
- Punch the handle across your body.

DUMBBELL BENCH PRESS | 3 x 6–8

Builds upper-body pushing strength with heavier loads.

- Use the same set-up as Phase 1.
- Lower the dumbbells under control.
- Press strongly.
- Go heavier than Phase 1 while keeping good form.

LAT PULLDOWN | 3 x 8

Builds pulling strength through a full range.

- Start with your arms long and a full stretch at the top.
- Pull your elbows to your back pockets.
- Bring the bar to the top of your chest.
- Don't swing your body.

SINGLE-ARM TRX ROW WITH ROTATION | 3 x 8 per side

Combines pulling strength with controlled upper-body rotation.

- Hold one handle and lean back.
- Row the handle to your ribs.
- Rotate your chest open towards the ceiling.
- Reverse slowly back to the start.

FARMER CARRY | 3 x 30 metres

Builds grip strength, posture and total-body stability.

- Hold the heaviest dumbbells you can carry with good posture.
- Keep your shoulders back and down.
- Walk tall with quick, short steps.
- Keep a tight grip throughout.

DAY C: CONDITIONING

Builds the stamina to keep your swing sharp all the way through 18 holes. Pick one session per week, after the 10-minute warm-up, and finish with 10 minutes of mobility drills.

WEEKS 1–2: STEADY | 25–30 minutes

Builds your aerobic base.

- Use a recumbent bike, Peloton or incline treadmill walk (5–8%).
- Keep to a pace where you can talk in full sentences.
- A walked round of golf can replace this session.

WEEKS 3–4: INTERVALS | 6 x 1 minute moderate / 1 minute easy, then 10 minutes steady

Raises your fitness with short, repeatable efforts.

- Use the rower or Peloton.
- Work hard enough that you can only speak in short phrases.
- Recover fully during the easy minutes.

WEEKS 3–4 (ALTERNATIVE): INCLINE WALK | 30 minutes

Mimics walking a hilly course.

- Set the treadmill to an 8–10% incline.
- Walk at a brisk, steady pace.
- Stand tall without holding the handrails.

WEEKS 5–6: HARD EFFORTS | 8 x 20 seconds hard / 100 seconds easy

Builds the fitness to stay sharp late in your round.

- Use the Peloton or recumbent bike.
- Work hard, but aim for the same output every round.
- Use the easy periods to fully recover.

WEEKS 5–6 (ALTERNATIVE): ROWER INTERVALS | 5 x 250 metres, 2 minutes easy between

A strong, repeatable rowing session.

- Row each 250 metres at a strong, consistent pace.
- Hold the same split on every effort.
- This shouldn't be an all-out sprint.



THE HALF THAT HAPPENS BEFORE THE FIRST TEE

You already know how this works. Nobody fixes a slice in one range session. You groove a movement, rep by rep, until it holds up under pressure. Training your body is no different.

The first two weeks of this plan might feel easy. That's deliberate. You're learning positions before loading them, the same way you'd learn a grip before chasing distance. Resist the urge to rush ahead. The golfers who get the most from this plan are the ones who are patient early.

Some sessions will feel flat. You'll be tired, short on time, or not in the mood. On those days, aim to turn up and do the warm-up. More often than not, the rest of the session follows. And if it doesn't, a shorter session still beats a missed one.

Progress won't always be obvious from week to week, so measure it. Do the screening tests in week one and again in week six. Note the weights you lift and how your body feels after a round. Small changes add up, and seeing them written down keeps you going when motivation dips.

Above all, judge yourself on consistency, not perfection. Three sessions a week for six weeks is eighteen sessions. Hit most of them, follow the teaching points, and you'll finish stronger, more mobile and better equipped to play the game for years to come.

The swing gets the attention. The work behind it is what makes it last.