

Interval Golf Program

Dr. Walter R. Lowe

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.

Baseline requirements of golfing include:

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.

Key to golf programs:

- 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
Week 1	10 putts 10 chips 5' rest 15 chips	15 putts 15 chips 5' rest 25 chips	20 putts 20 chips 5' rest 20 putts 20 chips 5' rest 10 chips 10 short irons
Week 2	20 chips 10 short irons 5' rest 10 short irons	20 chips 15 short irons 10' rest 15 short irons 15 chips	15 short irons 10 med irons 10' rest 20 short irons 15 chips
Week 3	15 short irons 15 med irons 10' rest 5 long irons 15 short irons 15 med irons 10' rest 20 chips	15 short irons 10 med irons 10 long irons 10' rest 10 short irons 10 med irons 5 long irons 5 wood	15 short irons 10 med irons 10 long irons 10' rest 10 short irons 10 med irons 10 long irons 10 wood
Week 4	15 short irons 10 med irons 10 long irons 10 drives 15' rest repeat above	play 9 holes	play 9 holes
Week 5	9 holes	9 holes	18 holes