



Interval Golf Rehab Program

Basic Guidelines: **Athlete:** _____ **Begin:** ____/____/____

Proper warm-ups, stretching, and strengthening should be implemented throughout the entire interval golf rehabilitation program. As you start your program, remember, mechanics play an important role in your recovery.

1st Week

Monday 10 putts 10 chips 5' Rest 15 chips	Wednesday 15 putts 15 chips 5' Rest 25 chips	Friday 20 putts 20 chips 5' Rest 20 putts 20 chips 5' Rest 10 chips 10 short irons
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2nd Week

Monday 20 chips 10 short irons 5' Rest 10 short irons	Wednesday 20 chips 15 short irons 10' Rest 15 short irons 15 chips Putting	Friday 15 short irons 10 medium irons 10' Rest 20 short irons 15 chips
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3rd Week

Monday 15 short irons 15 medium irons 10' Rest 5 long irons 15 short irons 15 medium irons 10' Rest 20 chips	Wednesday 15 short irons 10 medium irons 10 long irons 10' Rest 10 short irons 10 medium irons 5 long irons 5 woods	Friday 15 short irons 10 medium irons 10 long irons 10' Rest 10 short irons 10 medium irons 10 long irons 10 woods
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4th Week

Monday 15 short irons 10 medium irons 10 long irons 10 drives 15' Rest Repeat	Wednesday Play 9 holes	Friday Play 9 holes
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5th Week

Monday 9 holes	Wednesday 9 holes	Friday 18 holes
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Keys to Golf Programs:

Chips – Pitching wedge
Short irons – W, 9, 8
Medium irons – 7, 6 & 5
Long irons – 4, 3, 2 & Hybrid
Woods – 3 & 5
Drives - Driver

* Flexibility exercises before hitting
* Use ice x 20 minutes after hitting