

## Golf Interval Program

<b>Week</b>	<b>Day</b>	<b>Criteria for Progression</b>
<b>Week 1</b>	<b>Monday</b>	10 putts 10 chips 5-min Rest 15 chips
	<b>Wednesday</b>	15 putts 15 chips 5-min Rest 25 chips
	<b>Friday</b>	20 putts 20 chips 5-min Rest 20 putts 20 chips 5-min Rest 10 chips 10 short irons
<b>Week 2</b>	<b>Monday</b>	20 chips 10 short irons 5-min Rest 10 short irons 15 medium irons (5-iron off tee)
	<b>Wednesday</b>	20 chips 15 short irons 10-min Rest 15 short irons

		<b>15 chips</b>  <b>Putting</b>  <b>15 medium irons</b>
	<b>Friday</b>	<b>15 short irons</b>  <b>20 medium irons</b>  <b>10-min Rest</b>  <b>20 short irons</b>  <b>15 chips</b>
<b>Week 3</b>	<b>Monday</b>	<b>15 short irons</b>  <b>20 medium irons</b>  <b>10-min Rest</b>  <b>15 short irons</b>  <b>15 medium irons</b>  <b>5 long irons</b>  <b>10-min Rest</b>  <b>20 chips</b>
	<b>Wednesday</b>	<b>15 short irons</b>  <b>15 medium irons</b>  <b>10 long irons</b>  <b>10-min Rest</b>  <b>10 short irons</b>  <b>10 medium irons</b>  <b>5 long irons</b>  <b>5 wood</b>
	<b>Friday</b>	<b>15 short irons</b>  <b>15 medium irons</b>  <b>10 long irons</b>  <b>10-min Rest</b>  <b>10 shot irons</b>

		<b>10 medium irons</b> <b>10 long irons</b> <b>10 wood</b>
<b>Week 4</b>	<b>Monday</b>	<b>15 short irons</b> <b>15 medium irons</b> <b>10 long irons</b> <b>10 drives</b> <b>15-min Rest</b> <b>Repeat</b>
	<b>Wednesday</b>	<b>Play 9 holes</b>
	<b>Friday</b>	<b>Play 9 holes</b>
<b>Week 5</b>	<b>Monday</b>	<b>Play 9 holes</b>
	<b>Wednesday</b>	<b>Play 9 holes</b>
	<b>Friday</b>	<b>Play 18 holes</b>

**\*Chips = pitching wedge; short irons = wedge, 9-iron, 8-iron; medium irons = 7-iron, 6-iron, 5-iron;  
 long irons = 4-iron, 3-iron, 2-iron; woods = 3-wood, 5-wood; drives = driver**

Reinold, M. M., Wilk, K. E., Reed, J., Crenshaw, K., & Andrews, J. R. (2002). Interval Sport Programs: Guidelines for Baseball, Tennis, and Golf. *Journal of Orthopaedic & Sports Physical Therapy*, 32(6), 293-298. doi:10.2519/jospt.2002.32.6.293