





Protocol Timeline




SAFETY PROCEDURES:

-  **ALWAYS PERFORM OUR SUPERSPEED DYNAMIC WARMUP BEFORE TRAINING**
-  **ALWAYS SWING IN A SAFE AREA TOWARDS AN OPEN SPACE/NET**
-  **ALWAYS SWING 6-8 INCHES OFF THE GROUND**
-  **ALWAYS WEAR A GLOVE**

Protocols

Our protocols are clearly defined with reps, positions, and club weight. An important component to generating speed is training both the dominant and non-dominant sides of the body. This is denoted by "each side" in the rep section. Lastly, we always finish with 3 reps on your dominant side using the lightest club only.

 LEVEL 1				
	POSITION	LIGHT	MEDIUM	HEAVY
1	Normal	3 Each Side	3 Each Side	3 Each Side
2	Step-Change	3 Each Side	3 Each Side	3 Each Side
3	Normal	3 Dominant		

Duration: 6 weeks
Frequency: 3 days/week
Avg. increase in speed: 5%

Step-Change: Starting in golf posture, put both feet together. Press the club forward slightly, swing back while stepping out with the lead leg, and swing through

 LEVEL 2				
	POSITION	LIGHT	MEDIUM	HEAVY
1	Normal	3 Each Side	3 Each Side	3 Each Side
2	Kneeling	3 Each Side	3 Each Side	3 Each Side
3	Step-Change	3 Each Side	3 Each Side	3 Each Side
4	Normal	3 Dominant		

Duration: 8 weeks
Frequency: 3 days/week
Avg. increase in speed: 1-2%

Kneeling: Starting on your knees with your knees aligned directly under your hips at all times, press the club forward slightly and swing.

Protocols Continued...

 LEVEL 3				
	POSITION	LIGHT	MEDIUM	HEAVY
1	Normal	4 Each Side	4 Each Side	4 Each Side
2	Kneeling	4 Each Side	4 Each Side	4 Each Side
3	Double-Step	4 Each Side	4 Each Side	4 Each Side
4	Normal	3 Dominant		

Duration: 12 weeks
Frequency: 3 days/week
Avg. increase in speed: 3%

Double-Step: Starting in golf posture, put both feet together, press the club forward slightly, step back with the trail foot, swing back and wind up the lead foot to touch the trail foot, step out with the lead foot, and swing through.

 LEVEL 4				
	POSITION	LIGHT	MEDIUM	HEAVY
1	Normal	5 Each Side	5 Each Side	5 Each Side
2	Heel-Stomp	5 Each Side	5 Each Side	5 Each Side
3	Double-Step	5 Each Side	5 Each Side	5 Each Side
4	Normal	3 Dominant		

Duration: 22 weeks
Frequency: 3 days/week

Heel-Stomp: Starting in normal golf posture, swing back lifting the lead heel off the ground, stomp the lead heel into the ground as you start the downswing.

 LEVEL 5				
	POSITION	LIGHT	MEDIUM	HEAVY
1	Normal	5 Each Side	5 Each Side	5 Each Side
2	Heel-Stomp	5 Each Side	5 Each Side	5 Each Side
3	Double-Step	5 Each Side	5 Each Side	5 Each Side
4	Happy Gilmore	5 Each Side	5 Each Side	5 Each Side
5	Normal	3 Dominant		




Duration: Ongoing
Frequency: 3 days/week

Happy Gilmore: Ensuring it is safe around you to do so, make space so you can take a few steps into the swinging zone. Standing 3 yards behind the ball, take a few side steps towards the target and swing through.

CLUB SPEED (mph)



BEFORE	
AFTER	

			
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
MAX. SPEED (mph)			

NOTES