

Starting a golf fitness program



By Ramsay McMaster Golf Physiotherapist

THE VAST MAJORITY of club golfers are increasing in their awareness of the importance of getting fit for golf.

This is directly due to players such as Greg Norman, Tiger Woods and Vijay Singh participating in and promoting the benefits of having a fitness plan that they stick to throughout the competition year.

Up to this point, golfers in general are haphazard in their fitness and health planning in comparison to those at the top of their games.

The best professionals and amateur golfers in the world have success because they have a periodisation program.

What is Periodisation?

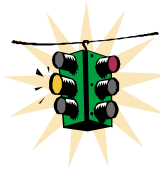
Periodisation is setting goals with a set of objectives and making a plan on a 1- year, 5 year and 10 year basis.

Periodisation was initially used in many Olympic sports in the Eastern bloc to prepare and build up to specific times where the main competition was. Golfers such as Tiger Woods are now adopting this system by planning their annual competition schedule around Majors.

How does this relate to you as an amateur of club golfer?

This scheduling has to be modified for club golfers to plot the important times of the year, for example, club championships, Pro-Ams, golfing holidays or just beating their golf partners.

We have given you a simple program that you can use called the Traffic Light Planner.



Traffic Light Golf Calendar – the rules

The traffic light planner rules are a simple way to plan a golfer's goal setting & objectives taking in to consideration the important times of the year where competing is a priority.

This system works for tour players, tournament golf, elite amateurs playing in tournaments and club golfers playing club tournaments/ championships or golfers under golf rehabilitation to return to golf (see G.U.R search www.golfmed.net).

The approach is simple, use 3 different coloured pens and colour in the weeks of the year noting the following:

RED IS STOP – to mark the time when you are away from competition. This is down time when you are more compliant working on your body and swing with your golf coach. From experience this is when integrating your physical and tour technique has the most effect.

AMBER IS TRANSITION – is the time when you are getting ready for tournaments or in between tournaments. It also defines when you are returning to full golf participation and full practice sessions and road testing your body and swing changes. This may be at smaller B Tournaments or weekend competition building up to club championships and Pro-Ams.

GREEN IS GO – this is the time when you want to maximise your performance you have to build up for this.

From a physical perspective you taper off your training and focus on Tournament Preparation and Recovery.

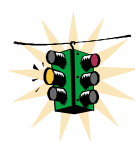
You should have systems to self assess your body and swing and have strategies in place to maintain your physical and technical performance.

See pre-post competition Calculator Systems.

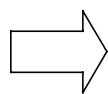
Who can use this?

- Therapists/ Golf Coaches, Administrators and golfers of all levels can integrate and plan a year setting goals and objectives.
- Coaches can also use this to plan the golfers playing, training & climatic program.
- Administrators can get an overall view of the schedule.
- The golfer can set a structured pathway to promote self-management and organisational skills essential for successful golf.

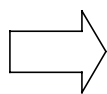
	JAN 2006	FEB 2006	MAR 2006	APR 2006	MAY 2006	JUN 2006	JUL 2005	AUG 2005	SEP 2005	OCT 2005	NOV 2005	DEC 2005
TECHNICAL GOALS 1. Amber: Improve consistency in short game 2. Amber: Work on Bunker play 3. On-going with Golf Pro. 4.	Week 1. [Yellow]	Week 1. [Green]	Week 1. [Green]	Week 1. [Red]	Week 1. [Yellow]	Week 1. [Green]	Week 1. [Yellow]	Week 1. [Red]	Week 1. [Red]	Week 1. [Yellow]	Week 1. [Green]	Week 1. [Yellow]
	2. [Yellow]	2. [Green]	2. [Green]	2. [Red]	2. [Yellow]	2. [Green]	2. [Yellow]	2. [Red]	2. [Red]	2. [Yellow]	2. [Green]	2. [Yellow]
	3. [Yellow]	3. [Green]	3. [Green]	3. [Red]	3. [Yellow]	3. [Green]	3. [Yellow]	3. [Red]	3. [Red]	3. [Yellow]	3. [Green]	3. [Yellow]
	4. [Yellow]	4. [Green]	4. [Green]	4. [Red]	4. [Yellow]	4. [Green]	4. [Yellow]	4. [Red]	4. [Red]	4. [Yellow]	4. [Green]	4. [Yellow]
PHYSICAL GOALS 1. Red: Improve CV Fitness measurement 2. Red: Increase strength through mid and lower back 3. Amber: Work on spinal rotational flexibility and stretching techniques 4.	3. [Green]	3. [Green]	3. [Green]	3. [Red]	3. [Yellow]	3. [Green]	3. [Yellow]	3. [Red]	3. [Red]	3. [Yellow]	3. [Green]	3. [Yellow]
	4. [Green]	4. [Green]	4. [Green]	4. [Red]	4. [Yellow]	4. [Green]	4. [Yellow]	4. [Red]	4. [Red]	4. [Yellow]	4. [Green]	4. [Yellow]
	CV Fitness & Strength [Red]	CV Fitness & Strength [Red]	CV Fitness & Strength [Red]	CV Fitness & Strength [Red]	CV Fitness & Strength [Red]	CV Fitness & Strength [Red]	CV Fitness & Strength [Red]	CV Fitness & Strength [Red]	CV Fitness & Strength [Red]	CV Fitness & Strength [Red]	CV Fitness & Strength [Red]	CV Fitness & Strength [Red]
	Golf Holiday with friends (4 wks) [Green]	Golf Holiday with friends (4 wks) [Green]	Golf Holiday with friends (4 wks) [Green]	Golf Holiday with friends (4 wks) [Green]	Golf Holiday with friends (4 wks) [Green]	Golf Holiday with friends (4 wks) [Green]	Golf Holiday with friends (4 wks) [Green]	Golf Holiday with friends (4 wks) [Green]	Golf Holiday with friends (4 wks) [Green]	Golf Holiday with friends (4 wks) [Green]	Golf Holiday with friends (4 wks) [Green]	Golf Holiday with friends (4 wks) [Green]
	Monthly medal [Green]	Monthly medal [Green]	Monthly medal [Green]	Monthly medal [Green]	Monthly medal [Green]	Monthly medal [Green]	Monthly medal [Green]	Monthly medal [Green]	Monthly medal [Green]	Monthly medal [Green]	Monthly medal [Green]	Monthly medal [Green]
	Pro-Am [Green]	Pro-Am [Green]	Pro-Am [Green]	Pro-Am [Green]	Pro-Am [Green]	Pro-Am [Green]	Pro-Am [Green]	Pro-Am [Green]	Pro-Am [Green]	Pro-Am [Green]	Pro-Am [Green]	Pro-Am [Green]
	Club Champs [Green]	Club Champs [Green]	Club Champs [Green]	Club Champs [Green]	Club Champs [Green]	Club Champs [Green]	Club Champs [Green]	Club Champs [Green]	Club Champs [Green]	Club Champs [Green]	Club Champs [Green]	Club Champs [Green]
	Club Tournament [Green]	Club Tournament [Green]	Club Tournament [Green]	Club Tournament [Green]	Club Tournament [Green]	Club Tournament [Green]	Club Tournament [Green]	Club Tournament [Green]	Club Tournament [Green]	Club Tournament [Green]	Club Tournament [Green]	Club Tournament [Green]
COMMENTS: John will need to improve his CV fitness through the red period and perform well for prolonged periods through Jan-March & Oct to Dec.												



RED
AMBER
GREEN



STOP
TRANSITION
GO



LONG TERM –INTEGRATING COACHING / PHYSIOLOGY
BETWEEN TOURNAMENT AND LONG TERM PREPARATION
TOURNAMENT MODE

John, this month's club golfer has his year to June 2006 planned out. He will have to perform at his best quite a lot through the year with Monthly Medals, Pro-Ams and Golf Holidays. Through John's specified Red period, he will concentrate with his Golf Therapist on improving his Cardiovascular capacity to be able to physically cope with the rigors of playing in the heat of summer and the long golf holidays he has planned.

He will also spend some time with his therapist having his muscles manipulated and trained to iron out his weaknesses as specified through his initial Musculoskeletal Screening and information provided by his Golf Professional.

During the amber period of John's yearly planner, he will concentrate a lot on his short game and getting tournament, or play-ready. His phys-

ical routine will be altered to incorporate a specific golf warm up tailored to his needs and more specific training will be done on the range with his Pro and Therapist.

During John's green period, he will use his hard work to play his best golf and maintain this with refinement checks with his Golf therapist and Golf pro. He will also undertake his "Tournament" training which includes specific drills tailored for his travelling needs. As he is travelling for golf holidays, he will need to perform drills and stretches to combat prolonged sitting in airplanes and travelling around.

Using his yearly planner, John will be at peak performance at his most important times of year instead of expecting his body to be on top of its game for 12 months of the year. As needs change, so does his training routine.

For more information or an appointment contact Liam Fitzpatrick at the Hong Kong Golf Injury Clinic, phone 2529 1818.

Technical assistance by Gareth Jones. www.infullswing.com.au