OURLOOP

THE PERFORMANCE SERIES
2026 / 12 WEEKS



OURLOOP / PERFORMANCE & CONDITIONING

WOMEN'S GOLF OFFSEASON ADVANTAGE.

A complete performance & conditioning playbook for women who love the game.

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12 WEEKS

03 TRAINING PHASES

01 STRONGER GAME

WELCOME TO YOUR OFFSEASON

Built for the next tee time

More strength. More control. More energy through every round.

Golf rewards skill and decision-making. A thoughtful offseason also prepares the body to swing, walk, practice, and recover with confidence. This guide offers a balanced 12-week path built around foundational strength, rotational power, mobility, aerobic endurance, and purposeful golf practice.

THE OURLOOP APPROACH

This is a **general adult conditioning program**, not a personalized medical or swing prescription. Every golfer enters with a different training history, body, schedule, and physical capacity. Start at the level you can perform with excellent control.

Four pillars. One connected game.

MOVE

Hips, shoulders, thoracic spine, balance

BUILD

Full-body strength and resilience

ENDURE

Walk, recover, sustain your effort

TRANSFER

Intentional swing and short-game practice

THE GOAL

What success means: more consistent training habits, stronger repeatable movement, better conditioning across 9 or 18 holes, and a process for tracking golf-specific progress. No outcome or distance gain is guaranteed.

WHAT IS INSIDE

Your field guide

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How to use the booklet

01 Read pages 4–18 before starting so you understand the exercises, effort levels, and recovery rules.

02 Use one weekly worksheet at a time (pages 19–30). Check off sessions and record how your body feels.

03 Repeat a week when needed. Weeks 4 and 8 are intentionally lighter; week 12 focuses on consolidation and retesting.

04 Compare baseline to end-of-program measures; keep what helps your game, not just what looks impressive in the gym.

“Prepared in the offseason. Confident on the course.”

START SMART

Readiness first

This plan assumes an adult participant who can walk comfortably for 20–30 minutes and perform basic bodyweight movement without concerning pain. If that is not true yet, begin with a walking-and-mobility preparation period before starting the full plan.

A simple check before week 1

- ☐ I can walk at an easy conversational pace for 20–30 minutes.
- ☐ I have suitable footwear and enough space for safe exercise.
- ☐ I can hinge, squat to a chair, and balance with support without sharp pain.
- ☐ I have a place to practice a safe, low-intensity golf swing or putt.
- ☐ I know what adaptations I will use on busy or low-energy days.

GREEN LIGHT

No pain and technique is controlled: use the planned workout at an effort appropriate for you.

YELLOW LIGHT

New soreness, low sleep, menstrual symptoms, or extra fatigue: use lighter loads, fewer sets, or walk and mobilize.

RED-LIGHT RULES

STOP AND SEEK CARE: chest pain, fainting, marked shortness of breath, a sudden severe headache, or neurological symptoms require urgent assessment. Stop for sharp, escalating, or localized pain, or pain that changes your gait or swing. People with existing joint, cardiovascular, or pregnancy/postpartum concerns should request individual guidance.

Your equipment menu

Minimum: a chair, mat, resistance band, stable step, and optional light dumbbells. **Gym option:** dumbbells/kettlebells, cable machine, rower, and a light medicine ball for later phases. **Golf option:** a putter and safe practice space; a range, coach, or simulator is helpful but not required.

Evidence context: physical activity and strength recommendations [1–3]; additional individual considerations [6–8].

BASELINE / WEEK 0

Know your starting point

Use these checks as personal reference points—not diagnoses or benchmarks against other golfers. Retest in week 12 under similar conditions and after a rest day. Skip any test that causes pain.

CHECK	HOW TO DO IT	START	W12
30-sec chair stands	Stand and sit with control for 30 sec; count full repetitions.	____	____
Single-leg balance	Near support; record comfortable hold, up to 30 sec each side.	____	____
20-min brisk walk	Distance or easy-effort note; conversational effort.	____	____
Thoracic turn	Seated, rotate comfortably each way; note left/right difference.	____	____
Golf skill marker	Use one consistent metric: 10-putt make rate OR average 7-iron carry + dispersion.	____	____

MY PLAYING PROFILE

Current handicap / level:

Average rounds per month:

Biggest physical challenge:

Equipment / access:

MY SEASON GOALS

One performance goal:

One movement goal:

One consistency goal:

Who can support me:

MEASURE WHAT MATTERS

If you measure distance, do so with a comparable club, ball, warm-up, device, and conditions. **Keep both distance and dispersion**: longer does not automatically mean better scoring.

PROGRAM ROADMAP

The 12-week architecture

The plan flows from general movement preparation toward golf-specific speed and confidence. Training load rises gradually, then drops deliberately so you can absorb the work.

01

WEEKS 1–4

Foundation & movement quality

Learn strength patterns, restore comfortable rotation, build aerobic consistency. **Week 4:** lighter recovery and technique.

RPE 5–6
CONTROL FIRST

02

WEEKS 5–8

Strength & capacity

Build unilateral strength, stable trunk control, and longer easy aerobic work. **Week 8:** lighter recovery and technique.

RPE 6–7
BUILD CAPACITY

03

WEEKS 9–12

Power & preseason transfer

Keep strength while adding **low-volume, controlled speed** for prepared golfers. **Week 12:** ease back, reassess, and plan the next block.

RPE 6–7
QUALITY > QUANTITY

THE TRAINING MINIMUM

Plan architecture: 2 core strength sessions weekly (A and B), one optional lighter golf-athletic session (C), two easy aerobic exposures, 1–2 skill touches, and one complete rest day. These activities can overlap on a single day when needed.

Informed by golf periodization principles [3–4] and general resistance-training guidance [1–2].

THE REPEATABLE ROUTINE

A sustainable weekly rhythm

DAY	PRIMARY TRAINING	EXPECTED TIME
MON	Workout A — lower body + trunk	35–50 min
TUE	Easy cardio + mobility reset	25–45 min
WED	Workout B — upper body + single-leg	35–50 min
THU	Golf skill (short-game / range) + mobility	20–45 min
FRI	Workout C — optional athletic session	20–35 min
SAT	Walk / cardio + short-game touch	30–60 min
SUN	Full rest or very gentle movement	—

How hard should training feel?

RPE 3–4

Easy cardio. Talk in full sentences.

RPE 5–6

Controlled strength. You could complete 3–5 more good reps.

RPE 6–7

Challenging but clean. You could complete 2–4 more good reps.

RPE 8+

Not required in this program. Avoid testing maximal lifts.

THE NO-PRESSURE OPTION

For a crowded schedule: prioritize Monday A + Wednesday B + one 20–30-minute cardio session; sprinkle five-minute mobility and putting touches throughout the week. **For beginners:** skip Friday C until weeks 3–5 if recovery is difficult.

BEFORE EVERY SESSION

Your 10-minute golf warm-up

A gradual, dynamic warm-up raises temperature and rehearses the positions you need for training and swinging. Move in a pain-free range. Stretching should never be forced.

01 / 2 MIN

Walk or march

Easy rhythm, then slightly quicker steps.

02 / 1 MIN

Hip hinges

8 slow hinges: ribs stacked, hips back.

03 / 2 MIN

Thoracic open-books

5 comfortable rotations per side.

04 / 2 MIN

Reverse lunge reach

4–6 supported reaches per side.

05 / 2 MIN

Band pull / trunk brace

8 easy pulls + 4 slow breaths.

06 / 1 MIN

Easy swing rehearsal

5–8 smooth partial swings, no ball required.

How to prepare for faster work

In weeks 9–11, add 2–3 low-effort practice reps of the specific power drill after the warm-up. Accelerate only if balance, alignment, and landing/throw mechanics remain controlled.

MOBILITY RULE

Seek comfortable range from the hips and upper back; do not crank rotation through a painful lower back.

BEFORE A ROUND

Walk 3–5 minutes, gently move hips and shoulders, then build from short putts/chips to full swings.

MOVEMENT LIBRARY 01

Workout A / lower-body base

Build the strength to create and absorb force through the ground. Use stable, controlled positions. Consult the phase loading rules on page 12 for sets and effort.

EXERCISE	CUES	AT-HOME OPTION
Goblet squat	Feet planted; sit between hips; stand tall without bouncing.	Chair squat
Dumbbell Romanian deadlift	Soft knees; push hips back; keep weight close to legs.	Backpack or unloaded hip hinge
Low step-up	Drive through the leading foot; lower slowly; use a railing.	Supported stair step
Pallof press	Band at chest; press forward while resisting rotation.	Isometric hands-together press
Calf raise	Lift and lower heels under control; use wall support.	Bodyweight by a chair

A / THE SESSION

Sequence: Squat → hip hinge → step-up → Pallof press → calf raise. Rest about 60–120 seconds between demanding sets; take longer if your breathing or form has not recovered.

WHAT GOOD REPS LOOK LIKE

Quality check: no knee collapse, no painful back arching, and no breath-holding through long efforts. Exhale through the hardest part of the lift.

MOVEMENT LIBRARY 02

Workout B / upper & single-leg

Train the shoulder girdle, hips, and trunk to stay organized during repeated swings and long practice sessions.

EXERCISE	CUES	AT-HOME OPTION
One-arm row	Pull elbow toward hip, pause, lower smoothly.	Resistance-band row
Incline push-up	Keep body in one line; move from hands/shoulders.	Wall push-up
Supported split squat	Lower vertically using comfortable depth.	Sit-to-stand split stance
Dead bug	Low back neutral; move opposite arm/leg slowly.	Heel slides
Side plank	Stack shoulders/hips; brace without twisting.	Knee-supported side plank

B / THE SESSION

Sequence: Row → incline push-up → split squat → dead bug → side plank. Use a lower resistance to keep shoulder and lower-back mechanics comfortable.

A golfer's upper-back reminder

You do not need to force a larger backswing. Strength and mobility should make a comfortable repeatable swing easier to perform. Technique changes are best handled with a qualified golf coach.

SMART ADAPTATION

Side plank: use 15–30-second holds per side rather than rep counts. Stop the set when position deteriorates; quality matters more than the clock.

MOVEMENT LIBRARY 03

Workout C / athletic & stable

This optional session builds coordination before speed. In the first two phases it is a light stability circuit; later, prepared golfers may include a small amount of explosive work.

EXERCISE	EARLY-PHASE VERSION	LATER-PHASE OPTION
Band chop / lift	Slow, controlled band path with braced trunk.	Add cable resistance; still controlled.
Lateral step / side lunge	Side step with soft knees.	Short lateral lunge with dumbbell.
Single-leg balance reach	Finger support and tiny reach.	Reach farther only if stable.
Suitcase carry	Walk with one moderate weight; stay tall.	Gradually increase carry distance.
Medicine-ball action	Omit in weeks 1–4; use easy chest pass in 5–8 if ready.	Weeks 9–11: 2–3 × 3–4 light rotational wall throws per side.



ON-COURSE ATHLETICISM

Prepare the body. Then add speed.

QUALITY BEFORE VELOCITY

Power safety: use a light ball, ample clear space, and a wall rated for throws. Never throw toward people or fragile surfaces. If you have back, hip, shoulder, or pelvic floor symptoms—or cannot control the motion—replace throws with slow band rotations.

HOW TO BUILD CAPACITY

Your sets, reps & progression

PHASE	WORKOUT A & B	WORKOUT C	EFFORT
Weeks 1–3	1–3 sets × 8–12 reps; start with 1–2 sets	1–2 rounds × 6–8 slow reps; no throws	RPE 5–6
Week 4	1–2 sets × 8 easy reps	Optional balance / mobility only	RPE 4–5
Weeks 5–7	2–3 sets × 6–10 reps	2 rounds of stability; optional light chest passes	RPE 6–7
Week 8	1–2 sets × 8 easy reps	Optional mobility only	RPE 4–5
Weeks 9–11	2–3 sets × 5–8 reps with good speed on the rise	2 sets stability + 2–3 × 3–4 throws/side if ready	RPE 6–7
Week 12	1–2 easy sets × 6–8 reps	Practice-only / no hard throws	RPE 4–5

Timed movements: use 15–30 sec per side for side planks; 20–40 sec per side for suitcase carries; balance reaches are controlled repetitions, not a speed task.

What changes when a set becomes easy?

01 First improve consistency and technique across the full prescribed rep range.

02 Then add 1–2 reps per set *or* a small weight increase next time—not both automatically.

03 Keep at least two solid reps "in reserve" during challenging lifts. Never sacrifice control for load.

THREE WAYS TO START

Choose your lane: New to lifting: one set of every movement, no explosive throwing. **Some experience:** follow the standard sets above. **Well-trained:** build load carefully, but this guide is not a maximal-strength or elite swing-speed protocol.

AEROBIC CONDITIONING

Walk the course with energy

Walking 9–18 holes can require sustained low-to-moderate effort, sometimes in heat or uneven terrain. Easy aerobic work helps build a useful base without exhausting the muscles needed for practice.

WHEN	EASY AEROBIC WORK	OPTION
Weeks 1–3	2 × 20–30 min per week	Walk, cycle, easy elliptical
Week 4	2 × 20–25 min	Easy conversational pace
Weeks 5–7	2 × 30–40 min	Hills if comfortable
Week 8	2 × 25–30 min	Easier terrain
Weeks 9–11	2 × 35–45 min	One walk can mimic course hills
Week 12	2 × 20–30 min	Recover and feel fresh

RPE 3–4 = the conversation test

You should be able to speak in complete sentences. A short hill, a slightly longer walk, or an added 5 minutes is often a better progression than pushing every session harder.

COURSE WALKING

Build familiarity with walking shoes, variable terrain, and carrying a light bag only when you are comfortable. Work gradually toward the demands of your usual course.

INDOOR ALTERNATIVE

If weather is unsafe, swap for a treadmill, indoor track, bike, pool walk, or an indoor low-impact cardio video. Match the duration and effort, not exact mileage.

THE BIGGER PICTURE

General health note: adults are encouraged to work toward at least 150 minutes of moderate activity per week, plus two strength days [1]. This guide begins below that target for some beginners and can be supplemented with comfortable daily movement.

SKILL WORK / RANGE & GREEN

Practice with intention



THE OFFSEASON SKILL RULE

Less ball beating. More deliberate reps.

Keep golf practice short enough that you finish with your swing quality intact. A great 25-minute session is more useful than 90 unfocused minutes.

The 30-minute golf practice menu

MIN	ACTIVITY	FOCUS
0–5	Putting start-line gates	Clean contact and alignment
5–15	Distance ladder (3 / 6 / 9 ft)	Pace and feedback
15–25	Short-game landing spots	Different lies / targets
25–30	Random targets + note	Transfer to decision-making

One range session per week, if available

Start with 8–10 slow half-swings and easy wedges. Then complete 3 blocks of 8–12 balls with specific targets and an easy reset between shots. Mix clubs and target distances rather than hitting the same club nonstop. Stop when fatigue changes mechanics.

NO RANGE? NO PROBLEM.

At home: carpet putting, alignment practice, mirror posture checks, and supervised swing rehearsals are all useful. Avoid full swings indoors unless you have a purpose-built, safe practice space.

POWER MEETS THE GOLF SWING

Transfer fitness to the fairway



The sequence matters

01

Own the positions

Hinge, balance, rotate comfortably.

02

Build force

Squat, row, carry, and brace.

03

Express speed

Short, fresh sets; high-quality reps.

04

Test the transfer

Compare ball speed, carry, dispersion, or contact.

KEEP SKILL & FITNESS CONNECTED

Important: gym power does not automatically improve swing speed, shot quality, or score. A golf coach can help connect new physical capacity to timing and technique. Retest consistently before claiming progress.

Golf-specific rationale informed by the PGA article on female professional golfers, the women's golf physical-training review, and TPI offseason programming [3–5].

WOMEN-CENTERED TRAINING

A program that meets women where they are

There is no single “female body” or guaranteed training response. Life stage, experience, health history, sleep, stress, symptoms, and personal goals matter more than stereotypes.

MENSTRUAL-CYCLE AWARENESS

If useful, track your own energy, soreness, sleep, and symptoms. Adjust training based on how you feel, not rigid universal “cycle phase” rules.

PERIMENOPAUSE & MENOPAUSE

Consistent strength work, aerobic training, balance, and adequate nutrition can support capacity. Individualize around sleep, joint symptoms, and recovery.

PREGNANCY & POSTPARTUM

This generic program is **not** a pregnancy/postpartum protocol. Consult your maternity-care clinician and consider pelvic-health physical therapy for leakage, heaviness, or pain.

BONE & ENERGY HEALTH

Fuel training adequately. Recurrent stress injuries, persistent fatigue, or menstrual disruption can warrant assessment for low energy availability and related health concerns.

A better weekly check-in

MY SIGNAL	WHAT I NOTICE	POSSIBLE RESPONSE
Energy / sleep	Low for several days	Lighter load / more rest
Pelvic floor symptoms	Leakage / pressure / heaviness	Stop aggravating work; seek tailored guidance
Joint or back pain	Persistent / worsening	Modify and assess
Cycle or recovery change	New irregularity or prolonged fatigue	Review fueling and clinician input

Sources and context: female athlete nutrition [6], IOC REDs statement [7], and ACOG pregnancy/postpartum exercise guidance [8].

NUTRITION & HYDRATION

Fuel the work. Support recovery.

Eat enough food to support training, daily life, and golf. You do not need a restrictive diet, fasted workouts, or expensive supplements to benefit from this program.

01
Carbohydrates
Reliable energy for training and rounds: rice, oats, potatoes, fruit, bread, beans.

02
Protein
Include across meals: eggs, yogurt, tofu, fish, meat, lentils, soy.

03
Healthy fats
Support overall health: olive oil, nuts, seeds, avocado.

04
Micronutrients
Iron, calcium, vitamin D, and fiber matter. Choose variety; check needs with your clinician.

Before, during, after

TIMING	PRACTICAL CHOICE
Before training	Normal meal 1–3 hours before or a banana/toast if hungry.
During most workouts	Drink to thirst; short indoor strength sessions rarely need sports drinks.
For long rounds / heat	Bring water and portable carbohydrate-containing snacks; consider sodium with sustained heavy sweat.
After training	Have a balanced meal or snack with protein and carbohydrate within your normal eating pattern.

A NOTE ON ENERGY AVAILABILITY

Women athlete health: repeated under-fueling can affect performance and overall health. Unexplained fatigue, recurrent injuries, or menstrual changes deserve attention. Avoid prescribing fixed calorie deficits or supplement doses without individual assessment.

SIMPLE 7-DAY MEAL IDEAS

A week of everyday fueling

DAY	BREAKFAST	LUNCH	DINNER
MON	Oats, berries, yogurt	Chicken or tofu rice bowl	Salmon / lentils, potatoes, greens
TUE	Eggs, toast, fruit	Turkey or hummus wrap	Vegetable and bean chili
WED	Greek yogurt, granola	Quinoa, edamame, veggies	Chicken or tofu stir-fry
THU	Peanut butter toast	Tuna / chickpea sandwich	Rice, beans, roast vegetables
FRI	Overnight oats	Pasta salad + protein	Fish / tofu tacos
SAT	Whole-grain pancakes	Grilled veggie grain bowl	Pasta with vegetables + protein
SUN	Eggs / tofu scramble	Soup, bread, fruit	Roast dinner or easy leftovers

Golf-bag snack kit

- **Banana or dried fruit**
- **Crackers or pretzels**
- **Trail mix or nuts**
- **Sandwich / wrap**
- **Water bottle**
- **Electrolyte option for long, sweaty days**

MAKE IT YOURS

Planning cue: Adjust portions to your hunger, body size, medical needs, and activity. This example is not a weight-loss diet or a personalized meal prescription. If nutrition is complicated by medical conditions or an eating disorder history, seek a registered dietitian.

Meals I can prepare quickly: _____

My go-to golf-bag snacks: _____

YOUR 12-WEEK WORKBOOK

Week 01 / Training log

01

FOUNDATION

Start with the basics

Learn the hinge, squat, row, and brace without rushing.

STRENGTH A	STRENGTH B	OPTIONAL C
1–2 × 8 each	1–2 × 8 each	Optional: 1 gentle stability round

DAY	YOUR SESSION	DONE
MON	Workout A · 1–2 × 8 each	☐
TUE	Easy aerobic · 20 min + mobility	☐
WED	Workout B · 1–2 × 8 each	☐
THU	Golf skill · 20 min putting or half-swings	☐
FRI	Workout C · Optional: 1 gentle stability round	☐
SAT	Easy aerobic · 20 min + optional putting	☐
SUN	Full rest / relaxed recovery	☐

THIS WEEK'S GOLF CUE

Notice comfortable posture, not swing speed.

WIN THE WEEK

Complete two strength sessions and two walks.

Energy	Recovery	Confidence
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

REFLECTION

What felt strong? _____

What I will adjust next week: _____

Refer to pages 9–12 for exercise definitions and sets; the 1–5 ratings are your personal impressions (5 = highest). Rest as needed between strength sets; keep quality high.

YOUR 12-WEEK WORKBOOK

Week 02 / Training log

02

FOUNDATION

Find your rhythm

Repeat clean movements and make sessions habitual.

STRENGTH A	STRENGTH B	OPTIONAL C
2 × 8–10 each	2 × 8–10 each	1 round × 6 controlled reps

DAY	YOUR SESSION	DONE
MON	Workout A · 2 × 8–10 each	☐
TUE	Easy aerobic · 25 min + mobility	☐
WED	Workout B · 2 × 8–10 each	☐
THU	Golf skill · 20–25 min pace putting	☐
FRI	Workout C · 1 round × 6 controlled reps	☐
SAT	Easy aerobic · 25 min + optional putting	☐
SUN	Full rest / relaxed recovery	☐

THIS WEEK'S GOLF CUE

Use the same setup cue for every practice putt.

WIN THE WEEK

Two controlled lifting days without significant lingering soreness.

Energy	Recovery	Confidence
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

REFLECTION

What felt strong? _____

What I will adjust next week: _____

Refer to pages 9–12 for exercise definitions and sets; the 1–5 ratings are your personal impressions (5 = highest). Rest as needed between strength sets; keep quality high.

YOUR 12-WEEK WORKBOOK

Week 03 / Training log

03

FOUNDATION

Own the movement

Build small progressions while keeping balanced, pain-free positions.

STRENGTH A	STRENGTH B	OPTIONAL C
2 × 10–12 each	2 × 10–12 each	1–2 rounds × 6–8 reps

DAY	YOUR SESSION	DONE
MON	Workout A · 2 × 10–12 each	☐
TUE	Easy aerobic · 30 min + mobility	☐
WED	Workout B · 2 × 10–12 each	☐
THU	Golf skill · 25 min short game + light range	☐
FRI	Workout C · 1–2 rounds × 6–8 reps	☐
SAT	Easy aerobic · 25 min + optional putting	☐
SUN	Full rest / relaxed recovery	☐

THIS WEEK'S GOLF CUE

Finish a session before form deteriorates.

WIN THE WEEK

Identify one movement that now feels more stable.

Energy	Recovery	Confidence
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

REFLECTION

What felt strong? _____

What I will adjust next week: _____

Refer to pages 9–12 for exercise definitions and sets; the 1–5 ratings are your personal impressions (5 = highest). Rest as needed between strength sets; keep quality high.

YOUR 12-WEEK WORKBOOK

Week 04 / Training log

04

RESET

Recover and sharpen

Lower lifting volume to absorb gains; keep the habit.

STRENGTH A	STRENGTH B	OPTIONAL C
1–2 × 8 easy	1–2 × 8 easy	Mobility / balance only

DAY	YOUR SESSION	DONE
MON	Workout A · 1–2 × 8 easy	☐
TUE	Easy aerobic · 20 min + mobility	☐
WED	Workout B · 1–2 × 8 easy	☐
THU	Golf skill · 20 min focused putting	☐
FRI	Workout C · Mobility / balance only	☐
SAT	Easy aerobic · 25 min easy + optional putting	☐
SUN	Full rest / relaxed recovery	☐

THIS WEEK'S GOLF CUE

Write down what has improved and what is still difficult.

WIN THE WEEK

Feel fresh at the end of the week.

Energy	Recovery	Confidence
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

REFLECTION

What felt strong? _____

What I will adjust next week: _____

Refer to pages 9–12 for exercise definitions and sets; the 1–5 ratings are your personal impressions (5 = highest). Deload week: smaller total workload is intentional.

YOUR 12-WEEK WORKBOOK

Week 05 / Training log

05

BUILD STRENGTH

Raise your capacity

Increase resistance modestly; keep 2–4 reps in reserve.

STRENGTH A	STRENGTH B	OPTIONAL C
2–3 × 8	2–3 × 8	2 stability rounds, optional easy chest pass

DAY	YOUR SESSION	DONE
MON	Workout A · 2–3 × 8	☐
TUE	Easy aerobic · 30 min + mobility	☐
WED	Workout B · 2–3 × 8	☐
THU	Golf skill · 30 min short-game landing targets	☐
FRI	Workout C · 2 stability rounds, optional easy chest pass	☐
SAT	Easy aerobic · 30 min + optional putting	☐
SUN	Full rest / relaxed recovery	☐

THIS WEEK'S GOLF CUE

Stay patient: stability first, strength second.

WIN THE WEEK

Add a small amount of load or control—not both if form is shaky.

Energy	Recovery	Confidence
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

REFLECTION

What felt strong? _____

What I will adjust next week: _____

Refer to pages 9–12 for exercise definitions and sets; the 1–5 ratings are your personal impressions (5 = highest). Rest as needed between strength sets; keep quality high.

YOUR 12-WEEK WORKBOOK

Week 06 / Training log

06

BUILD STRENGTH

Get stronger, stay smooth

Strengthen through a comfortable range and extend aerobic base.

STRENGTH A	STRENGTH B	OPTIONAL C
3 × 8	3 × 8	2 rounds + optional 2 × 4 easy chest passes

DAY	YOUR SESSION	DONE
MON	Workout A · 3 × 8	☐
TUE	Easy aerobic · 35 min + mobility	☐
WED	Workout B · 3 × 8	☐
THU	Golf skill · 30 min mixed-club target practice	☐
FRI	Workout C · 2 rounds + optional 2 × 4 easy chest passes	☐
SAT	Easy aerobic · 30 min + optional putting	☐
SUN	Full rest / relaxed recovery	☐

THIS WEEK'S GOLF CUE

Reset and breathe between shots.

WIN THE WEEK

Maintain the same technique for the final rep of each set.

Energy	Recovery	Confidence
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

REFLECTION

What felt strong? _____

What I will adjust next week: _____

Refer to pages 9–12 for exercise definitions and sets; the 1–5 ratings are your personal impressions (5 = highest). Rest as needed between strength sets; keep quality high.

YOUR 12-WEEK WORKBOOK

Week 07 / Training log

07

BUILD STRENGTH

Train the whole round

Strength, carry capacity, and sustainable walking effort.

STRENGTH A	STRENGTH B	OPTIONAL C
3 × 6–10	3 × 6–10	2 rounds + optional 2 × 4 chest passes

DAY	YOUR SESSION	DONE
MON	Workout A · 3 × 6–10	☐
TUE	Easy aerobic · 40 min + mobility	☐
WED	Workout B · 3 × 6–10	☐
THU	Golf skill · 35 min wedges and distance control	☐
FRI	Workout C · 2 rounds + optional 2 × 4 chest passes	☐
SAT	Easy aerobic · 35 min + optional putting	☐
SUN	Full rest / relaxed recovery	☐

THIS WEEK'S GOLF CUE

Use one repeatable pre-shot routine.

WIN THE WEEK

Finish longer walks able to hold a conversation.

Energy	Recovery	Confidence
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

REFLECTION

What felt strong? _____

What I will adjust next week: _____

Refer to pages 9–12 for exercise definitions and sets; the 1–5 ratings are your personal impressions (5 = highest). Rest as needed between strength sets; keep quality high.

YOUR 12-WEEK WORKBOOK

Week 08 / Training log

08

RESET

Deload to move forward

Reduce stress and leave room for adaptation.

STRENGTH A	STRENGTH B	OPTIONAL C
1–2 × 8 easy	1–2 × 8 easy	Mobility / balance only

DAY	YOUR SESSION	DONE
MON	Workout A · 1–2 × 8 easy	☐
TUE	Easy aerobic · 25 min + mobility	☐
WED	Workout B · 1–2 × 8 easy	☐
THU	Golf skill · 25 min accuracy & putting	☐
FRI	Workout C · Mobility / balance only	☐
SAT	Easy aerobic · 30 min easy + optional putting	☐
SUN	Full rest / relaxed recovery	☐

THIS WEEK'S GOLF CUE

Observe which habits deserve to stay.

WIN THE WEEK

Start the next phase feeling rested.

Energy	Recovery	Confidence
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

REFLECTION

What felt strong? _____

What I will adjust next week: _____

Refer to pages 9–12 for exercise definitions and sets; the 1–5 ratings are your personal impressions (5 = highest). Deload week: smaller total workload is intentional.

YOUR 12-WEEK WORKBOOK

Week 09 / Training log

09

POWER TRANSFER

Add controlled speed

Maintain strength while introducing light explosive work only if ready.

STRENGTH A	STRENGTH B	OPTIONAL C
2 × 6–8	2 × 6–8	2 stability rounds + 2 × 3 throws per side

DAY	YOUR SESSION	DONE
MON	Workout A · 2 × 6–8	☐
TUE	Easy aerobic · 35 min + mobility	☐
WED	Workout B · 2 × 6–8	☐
THU	Golf skill · 30 min warm-up → range targets	☐
FRI	Workout C · 2 stability rounds + 2 × 3 throws per side	☐
SAT	Easy aerobic · 35 min + optional putting	☐
SUN	Full rest / relaxed recovery	☐

THIS WEEK'S GOLF CUE

Fast does not mean frantic; pause fully between throws.

WIN THE WEEK

Every power rep looks crisp and pain-free.

Energy	Recovery	Confidence
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

REFLECTION

What felt strong? _____

What I will adjust next week: _____

Refer to pages 9–12 for exercise definitions and sets; the 1–5 ratings are your personal impressions (5 = highest). Rest as needed between strength sets; keep quality high.

YOUR 12-WEEK WORKBOOK

Week 10 / Training log

10

POWER TRANSFER

Build repeatable power

Use fresh, low-volume power efforts alongside strength.

STRENGTH A	STRENGTH B	OPTIONAL C
3 × 5–8	3 × 5–8	2 rounds + 3 × 3 throws per side

DAY	YOUR SESSION	DONE
MON	Workout A · 3 × 5–8	☐
TUE	Easy aerobic · 40 min + mobility	☐
WED	Workout B · 3 × 5–8	☐
THU	Golf skill · 35 min random-club practice	☐
FRI	Workout C · 2 rounds + 3 × 3 throws per side	☐
SAT	Easy aerobic · 35 min + optional putting	☐
SUN	Full rest / relaxed recovery	☐

THIS WEEK'S GOLF CUE

Prioritize centered contact over chasing maximum speed.

WIN THE WEEK

Keep every throw and swing controlled.

Energy	Recovery	Confidence
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

REFLECTION

What felt strong? _____

What I will adjust next week: _____

Refer to pages 9–12 for exercise definitions and sets; the 1–5 ratings are your personal impressions (5 = highest). Rest as needed between strength sets; keep quality high.

YOUR 12-WEEK WORKBOOK

Week 11 / Training log

11

POWER TRANSFER

Prepare to play

Integrate fitness and targeted practice without overdoing it.

STRENGTH A	STRENGTH B	OPTIONAL C
2 × 6–8	2 × 6–8	2 rounds + 2 × 4 throws per side

DAY	YOUR SESSION	DONE
MON	Workout A · 2 × 6–8	☐
TUE	Easy aerobic · 45 min + mobility	☐
WED	Workout B · 2 × 6–8	☐
THU	Golf skill · 40 min mock warm-up + short-game	☐
FRI	Workout C · 2 rounds + 2 × 4 throws per side	☐
SAT	Easy aerobic · 35 min + optional putting	☐
SUN	Full rest / relaxed recovery	☐

THIS WEEK'S GOLF CUE

Rehearse your pre-round rhythm.

WIN THE WEEK

Practice finishing with energy still in reserve.

Energy	Recovery	Confidence
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

REFLECTION

What felt strong? _____

What I will adjust next week: _____

Refer to pages 9–12 for exercise definitions and sets; the 1–5 ratings are your personal impressions (5 = highest). Rest as needed between strength sets; keep quality high.

YOUR 12-WEEK WORKBOOK

Week 12 / Training log

12

REASSESS

Arrive ready, not tired

Lower fatigue, retest, and set a sustainable in-season rhythm.

STRENGTH A	STRENGTH B	OPTIONAL C
1–2 × 6–8 light	1–2 × 6–8 light	Skip hard throws; mobility only

DAY	YOUR SESSION	DONE
MON	Workout A · 1–2 × 6–8 light	☐
TUE	Easy aerobic · 25 min + mobility	☐
WED	Workout B · 1–2 × 6–8 light	☐
THU	Golf skill · 25 min comfortable skills + retest	☐
FRI	Workout C · Skip hard throws; mobility only	☐
SAT	Easy aerobic · 20 min easy + optional putting	☐
SUN	Full rest / relaxed recovery	☐

THIS WEEK'S GOLF CUE

Measure your progression without judging your starting point.

WIN THE WEEK

Complete the end-of-program scorecard and celebrate consistency.

Energy	Recovery	Confidence
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

REFLECTION

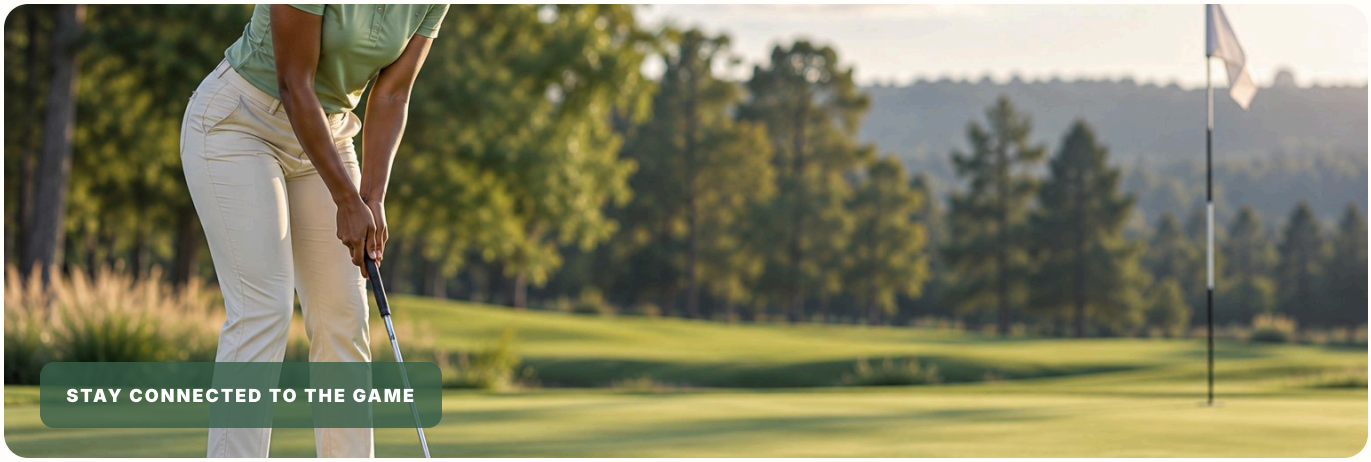
What felt strong? _____

What I will adjust next week: _____

Refer to pages 9–12 for exercise definitions and sets; the 1–5 ratings are your personal impressions (5 = highest). Deload week: smaller total workload is intentional.

WINTER / INDOOR PLAYBOOK

Keep your offseason moving



When weather changes, change the format

CONDITION	SMART SUBSTITUTE
Cold / snow / icy walkways	Indoor treadmill or bike; no outdoor training on ice.
Rain / wind	Indoor cardio, mobility flow, simulator or carpet putting.
Very hot / humid	Cool-hour activity or air-conditioned training; lower effort.
Poor air quality	Move exercise into clean indoor air as appropriate.
No range access	Mirror setup, 5–10 min putting gates, safe partial-swing rehearsals.

THE TRAVEL / SNOW DAY OPTION

Portable session, 20 minutes: 3-minute walk-in-place → two rounds of 8 chair squats, 8 supported hinges, 8 rows, 6 dead bugs/side → 5 minutes of gentle mobility → 3 minutes of putting alignment. Keep all exercises pain-free.

PAIN RULES & RECOVERY

Recovery is performance

Three non-negotiables

01

Sleep
Protect a regular sleep schedule; many adults benefit from 7–9 hours.

02

Easy days
Use walking, mobility, and true rest to absorb training.

03

Eat & drink
Fuel sufficiently and rehydrate based on thirst and conditions.

A practical symptom decision guide

YOU NOTICE	NEXT STEP
Normal mild, even soreness	Shorten the next session or use an easy walk.
Poor sleep / heavy legs	Reduce volume by one set and skip optional power.
One-sided or worsening pain	Stop the aggravating movement; seek advice.
Pain changes walking or swing	Do not push through; assess with clinician/physio.
Pelvic floor heaviness / leakage	Modify impact or abdominal pressure; seek pelvic-health support.
Chest pain, fainting, severe breathlessness	Stop and seek emergency medical help.

THE RESTART RULE

Missing a week? Resume at the last workload that felt comfortable, often repeating the prior successful week. Never stack missed sessions into a “catch-up” day.

YOUR NEXT TRAINING BLOCK

Transition into playing season

The goal of the final month is to bring physical preparation closer to your golf calendar—without arriving sore, rushed, or overtrained. Continue learning from your own performance data.

A simple in-season maintenance template

DAY TYPE	SESSION	WHY
Strength day 1	30–40 min: squat / hinge / row / trunk	Maintain capacity
Strength day 2	25–35 min: split squat / push / carry / balance	Keep robustness
1–2 easy cardio days	20–40 min walk or cycle	Maintain aerobic base
Practice / round days	Warm up; use small amounts of targeted practice	Protect skill
Recovery days	Rest, gentle movement, sleep	Reduce cumulative fatigue

Before the first important round

- ☐ I know which warm-up makes my swing feel comfortable.
- ☐ I have a realistic training schedule that fits rounds and travel.
- ☐ I can track one swing metric and one short-game metric.
- ☐ I know which strength work I will keep when practice volume rises.
- ☐ I will taper hard training before a key competitive round.

MAKE PERFORMANCE A LOOP

OURLOOP reminder: Maintaining a modest amount of strength and regular movement during the season usually beats disappearing from the gym for months and starting over each winter.

PRINT & REVISIT

Your performance scorecard

Use this page at baseline, week 4, week 8, and week 12. Different conditions affect golf metrics; capture enough context to interpret the numbers.

METRIC	START	W04	W08	W12
30-sec chair stands	____	____	____	____
Balance / L (sec)	____	____	____	____
Balance / R (sec)	____	____	____	____
20-min walking distance	____	____	____	____
Putting: made of 10	____	____	____	____
Chosen golf club carry	____	____	____	____
Typical shot dispersion	____	____	____	____
Training consistency (%)	____	____	____	____

Three reflections

Movement that improved most

_____

_____

Practice habit worth keeping

_____

_____

First priority for next season

_____

_____

EVIDENCE / SITE SOURCES

Sources & further reading

The workouts are a practical example informed by the references below—not a tested clinical protocol. Source links are included for transparency and deeper reading.

[1] CDC — Adult physical activity guidelines.
cdc.gov/physical-activity-basics/guidelines/adults.html

[2] American College of Sports Medicine — Resistance training progression models.
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[3] TPI — A practical guide to offseason periodization for golf fitness.
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pga.info/discover/latest/news/strength-and-conditioning-professional-female-golf

[5] Robinson et al. — Physical training and golf performance in female players (2024 review).
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acog.org/clinical/clinical-guidance/committee-opinion/articles/2020/04/physical-activity-and-exercise-during-pregnancy-and-the-postpartum-period

IMAGE & BRAND NOTES

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Play your game.

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