

30+ Handicap ⇒ 20-25 Handicap

Weekly Training Plan

Here is a comprehensive weekly training program for a golfer aiming to drop from a 30+ handicap to a 20. This program will focus on consistency, key swing improvements, short game proficiency, and course management.

Key Principles:

- **Consistency is King:** We'll emphasize repeatable swing mechanics and consistent practice routines.
- **Focus on Fundamentals:** We'll prioritize grip, posture, alignment, and basic swing mechanics.
- **Short Game Dominance:** A significant portion of the program will be dedicated to chipping, pitching, and putting.
- **Realistic Goals:** We'll set achievable weekly goals and track progress.
- **Enjoyment:** Golf should be fun! We'll incorporate variety and positive reinforcement.

Weekly Training Schedule:

Day 1: Full Swing Mechanics (Range)

- **Warm-up (15 minutes):** Dynamic stretching, light cardio (jumping jacks, arm circles), and swing drills (arm swings, torso rotations).
- **Grip, Posture, Alignment (20 minutes):** Focus on proper setup. Use alignment sticks for feedback.
- **Short Irons (30 minutes):** 7-iron, 8-iron, 9-iron. Focus on clean contact and consistent swing path. Start with half swings, gradually progressing to full swings.
- **Mid Irons (20 minutes):** 5-iron, 6-iron. Work on maintaining balance and rhythm.
- **Driver (15 minutes):** Focus on tee height, ball position, and a smooth, controlled swing. Avoid trying to hit it too hard.
- **Cool-down (10 minutes):** Static stretching.

Day 2: Short Game Mastery (Practice Green and Chipping Area)

- **Warm-up (10 minutes):** Light stretching and wrist rotations.
- **Putting (45 minutes):**
 - Putting drills: Distance control drills (varying distances), straight putt drills, breaking putt drills.
 - Focus on consistent stroke, proper alignment, and reading greens.
- **Chipping (45 minutes):**
 - Various chip shots: Low runners, medium chips, high chips.
 - Focus on landing spot, distance control, and club selection.

- Practice chipping from various lies.
- **Pitching (30 minutes):**
 - Focus on proper setup, weight transfer, and controlling trajectory.
 - practice pitching from various distances.

Day 3: Course Management and On-Course Practice (9 Holes or Simulated Round)

- **Warm-up (10 minutes):** Light stretching and practice swings.
- **9 Holes (or simulated round):**
 - Focus on course management: Play smart, avoid risky shots, and manage your expectations.
 - Practice pre-shot routine and mental game.
 - Use every shot as a learning experience.
 - If unable to play 9 holes, simulate a round at the driving range. Visualize fairways, greens, and specific shot requirements.
- **Post-round analysis (15 minutes):** Review your round, identify areas for improvement, and set goals for the next session.

Day 4: Rest or Active Recovery

- Light activity: Walking, swimming, or yoga.
- Focus on flexibility and recovery.

Day 5: Full Swing Refinement (Range)

- **Warm-up (15 minutes):** Dynamic stretching and light cardio.
- **Review and Refine:** Focus on the swing flaws identified during the previous range session and on-course practice.
- **Drills:** Implement swing drills to address specific issues (e.g., impact position drills, swing plane drills).
- **Target Practice:** Aim at specific targets on the range to improve accuracy.
- **Shot Shaping (Optional):** If comfortable, experiment with drawing and fading the ball.
- **Cool-down (10 minutes):** Static stretching.

Day 6: Short Game Scenarios (Practice Green and Chipping Area)

- **Warm-up (10 minutes):** Light stretching and wrist rotations.
- **Scenario Practice:**
 - Simulate real-course situations: Uphill chips, downhill chips, bunker shots, uneven lies.
 - Practice pressure putts: Short putts under pressure, long putts to avoid three-putting.
 - Practice bunker shots.
- **Putting Games:** Play putting games to improve accuracy and consistency.

Day 7: Rest or Light Practice

- Rest and recover.
- Optional: Light putting or chipping practice for 30 minutes.
- Review mental game notes.

Key Areas of Focus for a 30+ Handicapper:

- **Consistent Contact:** Focus on hitting the center of the clubface.
- **Directional Control:** Work on minimizing slices and hooks.
- **Distance Control (Short Game):** Master the art of controlling distance with wedges and putter.
- **Mental Game:** Develop a positive attitude and manage expectations.
- **Course Management:** Play smart and avoid unnecessary risks.

Progression:

- As you improve, gradually increase the intensity and duration of your practice sessions.
- Introduce more advanced drills and techniques.
- Monitor your progress and adjust your training plan accordingly.
- Consider taking lessons from a PGA professional.

Important Notes:

- Listen to your body and take rest days when needed.
- Stay hydrated and maintain a healthy diet.
- Track your progress and celebrate your achievements.
- Most importantly, have fun and enjoy the process!