Periodization training for golf
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Periodization
Periodization is a yearly training plan for achieving long-range athletic goals and success. The primary objective of training is for the golfer to reach peak performance for the upcoming golf season or for a specific golf event.

Golf is a sport that requires power off the tee and precision on the greens. This sport needs a proper balance of mobility, stability, strength, power and cardiovascular endurance. For these components to be trained effectively a plan needs to be in place to achieve proper adaptations. Don’t expect to achieve optimal physical preparedness if training starts 1-2 months prior to the golf season. Training should begin in the offseason and should progress to a maintenance phase in season.

Training Phases for the Yearly Training Plan
There are 5 main training phases that are planned throughout the year:
1) General preparation (Injury prevention, develop stability, mobility and general strength)
2) Specific Prep (Specific strengthening for golf, begin power development)
3) Competition Prep (Specific strength and specific power training to peak for competition)
4) Competitive Phase (Maintain phase)
5) Recovery Phase (Recovery phases are interspersed throughout the year to maximize training adaptations)

The Yearly Training Plan for Canadian golfers

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Get Started Now
Start to train like world class athletes and set a yearly plan that will maximize your golf potential in 2010. Golf specific fitness plans can be planned by Shannon Mantrop and DYNAMIC MOTION. Check out my website to learn more about DYNAMIC MOTION, Golf Specific Training and the Programs that are offered.


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