

Periodization training for golf

Written By: Shannon Mantrop BKIN, MKIN, CEP, CPGA Teaching Professional

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.

"I came to see Shannon to improve not only my flexibility, strength and posture, but to improve my golf game as a whole. Working with Shannon helped me improve these things and learn new ways to improve my body and my golf game.

-Wes Heffernan
Canadian Tour Player

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

Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept
General Prep			Specific Prep		Comp Prep		Competitive Phase			Transition	

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.

1. Bompa, T.O. and Carrera, M.C. (2005) *Periodization Training For Sports*. Champaign IL: Human Kinetics.
2. Bompa, T.O. (1999) *Periodization: Theory and Methodology of Training*. Champaign IL: Human Kinetics.



Please Contact:

Shannon Mantrop BKIN, MKIN, CEP, CPGA Teaching Pro
403-629-9546

Shannon@nationalgolfacademy.ca

<http://sites.google.com/site/dynamicmotiongolffitness>