

Getting Ready for the Golf Season: Building the Base

Even though we are in the deep dark depths of winter its time to start thinking about golf again! Which is fantastic not only because we get to play golf soon, but because we can use golf to motivate us to get to the gym consistently and to get in shape. We have printed an article in a previous issue of Golf Canada that highlighted our research findings on how physical fitness helps improve on-course performance, and now I'd like to show you a typical base training workout that is designed to help prepare the body for golf. This workout covers all areas that are important to golf – cardio, flexibility, balance, posture, sore, strength and power.

At this time of year training should be done on a 4-6 times / week, and workouts should be designed to be as varied as possible. For example a workout might look like this:

Warm - up:	Light skipping and general flexibility	10 minutes
Core strengthening:	Basic core exercises	10 minutes
Posture and balance:	Introductory movement patterns	10 minutes
Strength preparation:	Basic own body weight exercises	20 minutes
Cardiovascular fitness:	Light run	20 minutes
Flexibility:	Post workout stretching	10 minutes

A weekly plan can emphasize different training areas on different days, although all areas should be covered daily. These different workout themes might be:

Monday:	Strength development (increase strength work to 30 minutes, decrease cardio to 10)
Tuesday:	Cardio and stretching (increase cardio and stretching to 30 minutes, decrease strength)
Wednesday:	Strength development (similar workout design to Monday, but could use different exercises)
Thursday:	Cardio and stretching with more emphasis on balance and posture exercises
Friday:	Yoga for cardio, strength, and flexibility
Saturday:	Light workout before golf practice

Base training sets the stage for future training. Introducing all the facets of physical preparation ensures that detailed and complex programs can be developed later in the season without risk of over-training, excessive soreness, fatigue, or injury.

Base Training Phase Workout Example

Cardiovascular Warm-Up - Choose one of the following: elliptical, treadmill, bike

Slow to moderate cardio Intervals (x 2). Perform ten 30-second intervals alternating five at a slow speed with five at a moderate speed.

Exercise #1: Squats on a Wobble Board Side-to-Side

3 sets of 20 - 30 reps or until you get a good muscle burn, take at least 60 seconds rest.

INSTRUCTIONS: To help minimize the loss of balance from side to side in your golf swing try squatting on a wobble board. Take a club for support and try to slowly squat down on a wobble board, remaining balanced as you squat up and down.



Exercise #2: Bench Press Medium Grip

3 sets of 20 - 30 reps or until you get a good muscle burn, take at least 60 seconds rest.

INSTRUCTIONS: Lie on your weight bench with your feet up on the bench, and your abs tight and braced. Grab the bar with a shoulder width grip and perform a standard bench press by going all the way down and pushing straight up.



Exercise #3: Reverse Lunge with Twist

3 sets of 15+ repetitions in each direction, use a medicine ball, take 60 seconds rest

INSTRUCTIONS: Begin drill by taking a moderate step backwards with your left leg, making sure to keep the left leg in-line with the right foot. Next, drop the left knee towards the ground without making contact with the ground. In the process of dropping the left knee, you will also be bending the right knee into a half-kneeling lunge position. Once this position is obtained, simply rotate the torso to the right. Make sure to keep the ball closely to the chest and focus on torso turn, rather than arm rotation. Repeat drill in opposite direction.



Exercise #4: Bent-Over Rows

3 sets of 20 - 30 reps or until you get a good muscle burn, take at least 60 seconds rest.

INSTRUCTIONS: Holding a dumbbell in each hand, bend over from the waist and let your arms hang down vertically. Start by pulling each arm up and back, either alternating each side one at a time or performing both at the same time. Repeat the appropriate number of reps and sets.



Exercise #5: Squat to Press - Dumbbell

3 sets of 20 - 30 reps or until you get a good muscle burn, take at least 60 seconds rest.

INSTRUCTIONS: Stand tall with a dumbbell in each hand and feet shoulder width apart. Place dumbbells on your shoulders and go down into a squat. Only squat down to a comfortable level and then quickly drive yourself up to the standing position, raising the dumbbells overhead at the same time. Repeat.



Exercise #6: Curl-Up on Swiss Ball

3 sets of 20 - 30 reps or until you get a good muscle burn

INSTRUCTIONS: Sit on your Swiss ball with your thighs parallel to the ground, and walk your feet out until the ball is right under the arch of your lower back. Put your hands behind your head then curl back and curl forward. Perform as many of these as you can until it burns.



Exercise #7: Hip Lifts

3 sets of 20 - 30 reps or until you get a good muscle burn

INSTRUCTIONS: Start lying flat on your back with your feet up on a Swiss ball. From this position, lift your hips up off the ground pushing up with your feet. Try to contract your glutes and abs during the entire exercise. Return to the ground and repeat.

