

Golf Progression

WEEK 1	MONDAY	WEDNESDAY	FRIDAY
	10 Putts	15 Putts	20 Putts
	10 Chips (Greenside)	15 chips (Greenside)	20 Chips (Greenside)
	5' Rest	5' Rest	5' Rest
	15 Chips (Greenside)	25 chips (Greenside)	20 Putts
			20 Chips (Greenside)
			5" Rest
			10 Chips (Greenside-10yds)
			10 Short Irons
WEEK 2			
	20 Chips (Greenside-15 yds)	20 Chips (Greenside-15 yds)	15 Short Irons
	10 Short Irons	15 Short Irons	10 Medium Irons
	5' Rest	10' Rest	10' Rest
	10 Short Irons	15 Short Irons	20 Short Irons
		15 Chips and putt to finish each shot	15 Chips (greenside-20yds)
WEEK 3			
	15 Short Irons	15 Chip and putt to finish	15 Chip/Wedge (greenside - 20yds)
	15 Medium Irons	15 Short Irons	15 Short Irons
	10' Rest	10 Medium Irons	10 Medium Irons
	5 Long Irons	10 Long Irons	10 Long Irons
	15 Short Irons	10' Rest	10' Rest
	15 Medium Irons	10 Short Irons	10 Short Irons
	10' Rest	10 Medium Irons	10 Medium Irons
	20 Chip/Wedge (greenside - 20yds)	5 Long Irons	10 Long Irons
		5 Wood	10 Wood
			5 Drives
WEEK 4			
	15 Short Irons	Play 9 holes	Play 9 holes
	10 Medium Irons		
	10 Long Irons		
	10 Drives		
	15' Rest		
	Repeat		
WEEK 5			
	9 holes	9 holes	18 holes

Exercises specific to injury as warm-up | Chips=any wedge below a PW | Short Irons=PW, 9, 8
 Medium Irons=7, 6, 5 | Long Irons= 4, 3, 2, hybrid | Woods=3, 5, 7, etc | Drives=Driver | Ice after each session