

767 TRAINING STICKS GOLF SWING SPEED DEVELOPMENT



Access Digital Version

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Warm Up:

Normal Golf Swing with Dominant Hand at 50% Speed

Set, Swing Dominant:

Set at Top of Golf Swing then Accelerate with Dominant Hand

Set, Swing Opposite:

Set at Top of Golf Swing then Accelerate with Opposite Hand

Set at Top Example:



Normal Dominant:

Normal Golf Swing with Dominant Hand

Normal Opposite:

Normal Golf Swing with Opposite Hand

Normal Dominant Max:

Normal Golf Swing with Dominant Hand at Full Max Speed

Rapid 10 Second Max:

Swing at Max Speed for 10 Seconds with Dominant Hand



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WEEK 1-2	DRIVER	LIGHT (SILVER)	MEDIUM (PINK)	HEAVY (GREEN)
Warm Up - Normal 50%	10-15 Swings			
Set, Swing Dominant - 50%		4 Swings	4 Swings	4 Swings
Set, Swing Opposite - 50%		4 Swings	4 Swings	4 Swings
Normal Dominant Max - 150%	3 Swings			

5 second break between set up and swing30 second break between different weights30-60 second break between swing for max





WEEK 3-4	DRIVER	LIGHT (SILVER)	MEDIUM (PINK)	HEAVY (GREEN)
Warm Up - Normal 50%	10-15 Swings			
Set, Swing Dominant - 50%		6 Swings	6 Swings	6 Swings
Set, Swing Opposite - 50%		6 Swings	6 Swings	6 Swings
Normal Dominant Max - 150%	3 Swings			

5 second break between set up and swing30 second break between different weights30-60 second break between swing for max



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WEEK 5-12	DRIVER	LIGHT (SILVER)	MEDIUM (PINK)	HEAVY (GREEN)
Warm Up - Normal 50%	10-15 Swings			
Set, Swing Dominant - 75%		4 Swings	4 Swings	4 Swings
Set, Swing Opposite - 75%		4 Swings	4 Swings	4 Swings
Normal Dominant - 50%		3 Swings	3 Swings	3 Swings
Normal Opposite - 50%		3 Swings	3 Swings	3 Swings
Normal Dominant Max - 150%	3 Swings			
Rapid 10 Second Max	1 Set			

5 second break between set up and swing 30 second break between different weights 30-60 second break between swing for max 30-60 second break before rapid swing



WEEK 10 10				
WEEK 13-19	DRIVER	LIGHT (SILVER)	MEDIUM (PINK)	HEAVY (GREEN)
Warm Up - Normal 50%	10-15 Swings			
Set, Swing Dominant - 75%		6 Swings	6 Swings	6 Swings
Set, Swing Opposite - 75%		6 Swings	6 Swings	6 Swings
Normal Dominant - 50%		4 Swings	4 Swings	4 Swings
Normal Opposite - 50%		4 Swings	4 Swings	4 Swings
Normal Dominant Max - 150%	3 Swings			
Rapid 10 Second Max	1 Set			

5 second break between set up and swing 30 second break between different weights 30-60 second break between swing for max 30-60 second break before rapid swing



WEEK 20-26	DRIVER	LIGHT (SILVER)	MEDIUM (PINK)	HEAVY (GREEN)
Warm Up - Normal 50%	10-15 Swings			
Set, Swing Dominant - 90%		8 Swings	8 Swings	8 Swings
Set, Swing Opposite - 90%		8 Swings	8 Swings	8 Swings
Normal Dominant - 50%		6 Swings	6 Swings	6 Swings
Normal Opposite - 50%		6 Swings	6 Swings	6 Swings
Normal Dominant Max - 150%	3 Swings			
Rapid 10 Second Max	1 Set			

5 second break between set up and swing 30 second break between different weights 30-60 second break between swing for max 30-60 second break before rapid swing



Record Your Swing Speed Progress



WEEK DRIVER NOTES Week 1 Week 2 Week 3 Week 3 Week 4 Week 5 Week 6 Week 7 Week 8 Week 9 Week 10 Week 11 Week 12 Week 13 Week 14 Week 15 Week 16 Week 17 Week 18 Week 19 Week 20 Week 21 Week 22 Week 23 Week 25 Week 26 Week 26			
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