Weekly Golf Training Log

Name: **Week Dates** **To**

Take your resting heart rate and weight as soon as you wake up each day	**Monday**	**Tuesday**	**Wednesday**	**Thusday**	**Friday**	**Saturday**	**Sunday**
Resting Heart Rate (BPM)							
Weight (Kg)							
Hours of Sleep							

Golf Skills Training This Week	**Monday**		**Tuesday**		**Wednesday**		**Thursday**		**Friday**		**Saturday**		**Sunday**	
	Hours	*Intensity (number)*	*Hours*	*Intensity (number)*	*Hours*	*Intensity (number)*	*Hours*	*Intensity (number)*	*Hours*	*Intensity (number)*	*Hours*	*Intensity (number)*	*Hours*	*Intensity (number)*
Woods														
Long Irons														
Middle Irons														
Short Irons														
Wedge System														
Chipping														
Bunkers														
Long Putting														
Mid Putting														
Short Putting														
Speciality Shots														
On Course Play														
Miscellaneous														

Intensity is ranked as 1, 2, 3 or 4
1 is drill work with no ball, 2 is block practice or drill work with a ball
3 is random practice and 4 is competitive practice

Fitness Training This Week	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Time	*Exercise*	*Time*	*Exercise*	*Time*	*Exercise*	*Time*	*Exercise*	*Time*	*Exercise*	*Time*	*Exercise*	*Time*	*Exercise*
Cardio **Exercise = bike, treadmill, rower etc.**														
Strength **Exercise = upper body, core etc.**														
Flexibility **Exercise = stretches completed**														

Drills/Games Used	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Long Game							
Short Game							
Putting							