

Protocol	Week/Date	Starting Speed with Driver	Speed w/Stick 1	Speed w/Stick 2	Speed w/Stick 3	Ending Speed w/Driver	Fastest Swing During Protocol	Speed Gain	% Increase	Notes
1	1 - 9/13/19	97 mph	112 mph	108 mph	100 mph	103 mph		6 mph	9%	Swinging smoothly my speed is 87mph, if I pull back hard on the handle my speed goes up 10 mph and favors a draw
1	1 - 9/16/19	100 mph	115 mph	108 mph	105 mph	108 mph		9 mph	10%	Use your legs and the ground more
1	1 - 11/2/19	105 mph	NULL	115 mph	108 mph	109 mph	113 mph	12 mph	12%	Full swing, the longer it "feels" the more you are able to coil and power through with your feet.
	11/12/19									I had a driver session at the range where I averaged between 104-107 with good contact and predictable ball flight doing 5 ball sets with rest inbetween. I need to do more of this moving forward to turn potential speed into actualized speed.
										I read a study which said that just using stick number 2 showed the most amount of gains with the least amount of reps. I am going to try that protocol for 6 weeks and see how I improve. I will do the drills M/W/F at school before class.
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1	11/14/19	Avg - 106 / Max - 111	NULL	Avg - 113 / Max - 115 mph	NULL	Avg - 109 mph	115 mph	12 mph	12%	Same notes as 11/2/19. I made sure to stretch pre-session instead of just going at it cold to help prevent injury like last time. I have had left shoulder issues, but I think they are largely healed as long as I stick within the plan.
1	11/16/19	Avg - 106 / Max - 111	NULL	Avg - 114 / Max - 117 mph	NULL	Avg - 111 mph	117 mph	14 mph	14%	Pull the handle through as if you are holding onto the lag as long as possible. Remember your legs.
1	11/20/19	Avg - 109 / Max - 116	NULL	Avg - 114 / Max - 118 mph	NULL	Avg - 114 mph	118 mph	17 mph	17%	The top of my left thumb started to hurt from the rubbing of my golf glove so I had to power through the last phase. Never had this happen before, not sure if it was just the fact that it was cold and humid for the first time and the glove is old and just rubbed wrong. I will use a fresh glove next time to see.
										Figured out the thumb issue, it wasn't the glove, but when I do the Happy Gilmore swing I let the left thumb fly and then it gets squeezed again after it's out of position and that's what's hurting it and causing the pain. I couldn't get it under control so I switched to baseball swings instead. I found that if I swing all the way past the finish I can keep my average speed up easier, but I didn't hit any records in terms of fastest swing. Just managed the same numbers, but with better speed consistency.
1	11/22/19	Avg - 109 / Max - 114	NULL	Avg - 115 / Max 116 mph	NULL	Avg - 114 mph	115 mph	17 mph	17%	I feel like I didn't use my legs well enough today, but realized I need to take a longer swing and sequence better so my lower body is starting the downswing before my swing has actually finished so there is some separation. Also, I really need to relax my wrists. When I keep my grip pressure up but allow my wrists to retain flexibility it's easier to hit much higher speeds. My goal is to hit 120 mph on Thursday.
1	12/3/19	Avg - 110 / Max - 110	NULL	Avg - 117 / Max 118 mph	NULL	Avg - 116 mph	118 mph	19 mph	19%	

1	12/5/19	Avg - 108 / Max - 108	NULL	Avg - 118 / Max 118 mph	NULL	Avg - 116 mph	120 mph	19 mph	19%	I didn't increase my overall speed. When averaged my 5 last swings it was just barely 116.8, so I'm on the edge of another mph gained. I started slow because I was running behind schedule and didn't stretch completely like I normally do. I did finally hit a 120 mph on a swing during the protocols which was my goal by the end of this week. I hope I will hit it more consistently now and start the push towards 130 mph.
										I am starting to reintroduce the GG squat to my downswing and it's easy to add speed using it (case in point I beat my previous best swing by 3 mph). The issue is engraining the transition back since I like to pull really hard back on the handle in the start of the backswing. When I try to set up for the squat and do this my legs are almost too quiet going back which limits the consistency of my speed production. I hit higher speeds today, but I wasn't as consistent doing it as I was previously. This was the first time out so it's probably just reps, but it's something I need to keep an eye on moving forward.
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1	12/12/19	Avg - 112 / Max - 112	NULL	Avg. - 119 / Max 123 mph	NULL	Avg - 117 mph	123 mph	20 mph	20%	