



- Always warm up before training
- Do NOT hit the ground
- Take one full rest day between sessions

- Switch your grip when changing from LH / RH
- Do not perform more than 3 days / week
- Never swings towards anyone

| Your Driver Speed | |
|-------------------|--|
| Before | |
| After | |
| Total Gain: | |

Record your "Before" on day 1 before any speed training. Record your "After" once you've completed the first 6 weeks of training.

| LEVEL 1 | | | | |
|---------|-------------|-------------|-------------|-------------|
| | POSITION | LIGHT | MEDIUM | HEAVY |
| 1 | Normal | 3 Each Side | 3 Each Side | 3 Each Side |
| 2 | Step-Change | 3 Each Side | 3 Each Side | 3 Each Side |
| 3 | Normal | 3 Dominant | | |

- After your warmup make 5 swings with your driver and record Driver Max Pre Training
- Throughout training record your fastest swing with each club during normal swings on your dominant side
- After training take 5 swings with your driver and record Driver Max Post Training

| Week | Driver Max Pre Training | Driver Max Post Training | Max Green | Max Blue | Max Red |
|------|-------------------------|--------------------------|-----------|----------|---------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |