



## **BREAK 90 BLUEPRINT | INTEGRATED STRATEGY PLAN**

*My mission is to pursue excellence with intention, discipline, and purpose-in action, in leadership, and in life. I believe in showing up with integrity, growing through challenge, and leaving every space better than I found it.*

**LEARN. LEAD. LEAVE A LEGACY.**

### **Performance Snapshot (May 2025)**

- Avg Drive: 214 yards (34% Draw, 34% Hook)
- GIR: 10% | Fairways: 57.6% | Putts per Round: 30
- Weakest Area: Approach shots (dispersion + gapping)

# Detailed 6-Week Training Plan

## Week 1: Contact & Accuracy

*Focus Clubs: PW, 7i*

Practice Objectives: Focus on square clubface and center contact. Use foot spray or face tape to monitor impact. Build confidence with PW and 7i.

## Week 2: Distance Control

*Focus Clubs: 8i, 9i, 54°*

Practice Objectives: Use alignment sticks and towel under arms to control swing length. Log carry distances with 8i, 9i, and 54°.

## Week 3: Mid-Iron Strategy

*Focus Clubs: 6i, 3H*

Practice Objectives: Simulate 3-hole sequences. Prioritize conservative target lines. Track results with 6i and hybrid approaches.

## Week 4: Short Game Focus

*Focus Clubs: GW, SW, Putter*

Practice Objectives: Master short chips with one technique. Use towel drills and ladder lag putting. Putter focus inside 6 ft.

## Week 5: Pressure Reps

*Focus Clubs: 4H, 5i, 3W*

Practice Objectives: Run pressure-based drills. Play a simulated front 9 and score based on proximity. Track club tendencies under stress.

## Week 6: Final Challenge

*Focus Clubs: Best dispersion clubs*

Practice Objectives: Final challenge round: play a full 18 or two 9s. Track stats. Reflect on strengths and remaining gaps.

# Legacy Tracker

## Weekly Journal Prompts:

- Where did I lead with purpose today?
- What lesson did I learn through challenge?
- What space did I leave better than I found it?

## Performance Milestones:

- First round under 90
- 10 consecutive bogey-or-better rounds
- Approach shot GIR improvement by 20%