

ELITE GOLFER IMPROVEMENT SYSTEM – Weekly Practice Schedule (Week 1)

#	Practice Blocks	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
		Time								
1	Short Putts	6:00								6:00
		6:30								6:30
2	Long Putts	7:00								7:00
		7:30								7:30
3	Extra Long Putts	8:00								8:00
		8:30								8:30
4	Chip Shots	9:00								9:00
		9:30								9:30
5	Pitch Shots	10:00								10:00
		10:30								10:30
6	Bunker Shots	11:00								11:00
		11:30								11:30
7	Lob Shots	12:00								12:00
		12:30								12:30
8	Rough Shots	1:00								1:00
		1:30								1:30
9	Bunkers Buried	2:00								2:00
		2:30								2:30
10	Short Wedge	3:00								3:00
		3:30								3:30
11	Mid Wedge	4:00								4:00
		4:30								4:30
12	Long Wedge	5:00								5:00
		5:30								5:30
13	Short / Mid Iron	6:00								6:00
		6:30								6:30
14	Long Iron / Hybrid	7:00								7:00
		7:30								7:30
15	Hybrid / Driver	8:00								8:00
		8:30								8:30
1	Long Game Practice Hours									
2	Short Game Practice Hours									
3	Golf Course Practice Hours									
4	Daily Totals									

ELITE GOLFER IMPROVEMENT SYSTEM – Weekly Practice Schedule (Week 2)

#	Practice Blocks	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
		Time								
1	Short Putts	6:00								6:00
		6:30								6:30
2	Long Putts	7:00								7:00
		7:30								7:30
3	Extra Long Putts	8:00								8:00
		8:30								8:30
4	Chip Shots	9:00								9:00
		9:30								9:30
5	Pitch Shots	10:00								10:00
		10:30								10:30
6	Bunker Shots	11:00								11:00
		11:30								11:30
7	Lob Shots	12:00								12:00
		12:30								12:30
8	Rough Shots	1:00								1:00
		1:30								1:30
9	Bunkers Buried	2:00								2:00
		2:30								2:30
10	Short Wedge	3:00								3:00
		3:30								3:30
11	Mid Wedge	4:00								4:00
		4:30								4:30
12	Long Wedge	5:00								5:00
		5:30								5:30
13	Short / Mid Iron	6:00								6:00
		6:30								6:30
14	Long Iron / Hybrid	7:00								7:00
		7:30								7:30
15	Hybrid / Driver	8:00								8:00
		8:30								8:30
1	Long Game Practice Hours									
2	Short Game Practice Hours									
3	Golf Course Practice Hours									
4	Daily Totals									

ELITE GOLFER IMPROVEMENT SYSTEM – Weekly Practice Schedule (Week 3)

#	Practice Blocks	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
		Time								
1	Short Putts	6:00								6:00
		6:30								6:30
2	Long Putts	7:00								7:00
		7:30								7:30
3	Extra Long Putts	8:00								8:00
		8:30								8:30
4	Chip Shots	9:00								9:00
		9:30								9:30
5	Pitch Shots	10:00								10:00
		10:30								10:30
6	Bunker Shots	11:00								11:00
		11:30								11:30
7	Lob Shots	12:00								12:00
		12:30								12:30
8	Rough Shots	1:00								1:00
		1:30								1:30
9	Bunkers Buried	2:00								2:00
		2:30								2:30
10	Short Wedge	3:00								3:00
		3:30								3:30
11	Mid Wedge	4:00								4:00
		4:30								4:30
12	Long Wedge	5:00								5:00
		5:30								5:30
13	Short / Mid Iron	6:00								6:00
		6:30								6:30
14	Long Iron / Hybrid	7:00								7:00
		7:30								7:30
15	Hybrid / Driver	8:00								8:00
		8:30								8:30
1	Long Game Practice Hours									
2	Short Game Practice Hours									
3	Golf Course Practice Hours									
4	Daily Totals									

ELITE GOLFER IMPROVEMENT SYSTEM – Weekly Practice Schedule (Week 4)

#	Practice Blocks	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
		Time								
1	Short Putts	6:00								6:00
		6:30								6:30
2	Long Putts	7:00								7:00
		7:30								7:30
3	Extra Long Putts	8:00								8:00
		8:30								8:30
4	Chip Shots	9:00								9:00
		9:30								9:30
5	Pitch Shots	10:00								10:00
		10:30								10:30
6	Bunker Shots	11:00								11:00
		11:30								11:30
7	Lob Shots	12:00								12:00
		12:30								12:30
8	Rough Shots	1:00								1:00
		1:30								1:30
9	Bunkers Buried	2:00								2:00
		2:30								2:30
10	Short Wedge	3:00								3:00
		3:30								3:30
11	Mid Wedge	4:00								4:00
		4:30								4:30
12	Long Wedge	5:00								5:00
		5:30								5:30
13	Short / Mid Iron	6:00								6:00
		6:30								6:30
14	Long Iron / Hybrid	7:00								7:00
		7:30								7:30
15	Hybrid / Driver	8:00								8:00
		8:30								8:30
1	Long Game Practice Hours									
2	Short Game Practice Hours									
3	Golf Course Practice Hours									
4	Daily Totals									

ELITE GOLFER IMPROVEMENT SYSTEM – Weekly Practice Schedule (Week 5)

#	Practice Blocks	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
		Time								
1	Short Putts	6:00								6:00
		6:30								6:30
2	Long Putts	7:00								7:00
		7:30								7:30
3	Extra Long Putts	8:00								8:00
		8:30								8:30
4	Chip Shots	9:00								9:00
		9:30								9:30
5	Pitch Shots	10:00								10:00
		10:30								10:30
6	Bunker Shots	11:00								11:00
		11:30								11:30
7	Lob Shots	12:00								12:00
		12:30								12:30
8	Rough Shots	1:00								1:00
		1:30								1:30
9	Bunkers Buried	2:00								2:00
		2:30								2:30
10	Short Wedge	3:00								3:00
		3:30								3:30
11	Mid Wedge	4:00								4:00
		4:30								4:30
12	Long Wedge	5:00								5:00
		5:30								5:30
13	Short / Mid Iron	6:00								6:00
		6:30								6:30
14	Long Iron / Hybrid	7:00								7:00
		7:30								7:30
15	Hybrid / Driver	8:00								8:00
		8:30								8:30
1	Long Game Practice Hours									
2	Short Game Practice Hours									
3	Golf Course Practice Hours									
4	Daily Totals									

ELITE GOLFER IMPROVEMENT SYSTEM – Weekly Practice Schedule (Week 6)

#	Practice Blocks	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
		Time								
1	Short Putts	6:00								6:00
		6:30								6:30
2	Long Putts	7:00								7:00
		7:30								7:30
3	Extra Long Putts	8:00								8:00
		8:30								8:30
4	Chip Shots	9:00								9:00
		9:30								9:30
5	Pitch Shots	10:00								10:00
		10:30								10:30
6	Bunker Shots	11:00								11:00
		11:30								11:30
7	Lob Shots	12:00								12:00
		12:30								12:30
8	Rough Shots	1:00								1:00
		1:30								1:30
9	Bunkers Buried	2:00								2:00
		2:30								2:30
10	Short Wedge	3:00								3:00
		3:30								3:30
11	Mid Wedge	4:00								4:00
		4:30								4:30
12	Long Wedge	5:00								5:00
		5:30								5:30
13	Short / Mid Iron	6:00								6:00
		6:30								6:30
14	Long Iron / Hybrid	7:00								7:00
		7:30								7:30
15	Hybrid / Driver	8:00								8:00
		8:30								8:30
1	Long Game Practice Hours									
2	Short Game Practice Hours									
3	Golf Course Practice Hours									
4	Daily Totals									

ELITE GOLFER IMPROVEMENT SYSTEM – Weekly Practice Schedule (Week 7)

#	Practice Blocks	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
		Time								
1	Short Putts	6:00								6:00
		6:30								6:30
2	Long Putts	7:00								7:00
		7:30								7:30
3	Extra Long Putts	8:00								8:00
		8:30								8:30
4	Chip Shots	9:00								9:00
		9:30								9:30
5	Pitch Shots	10:00								10:00
		10:30								10:30
6	Bunker Shots	11:00								11:00
		11:30								11:30
7	Lob Shots	12:00								12:00
		12:30								12:30
8	Rough Shots	1:00								1:00
		1:30								1:30
9	Bunkers Buried	2:00								2:00
		2:30								2:30
10	Short Wedge	3:00								3:00
		3:30								3:30
11	Mid Wedge	4:00								4:00
		4:30								4:30
12	Long Wedge	5:00								5:00
		5:30								5:30
13	Short / Mid Iron	6:00								6:00
		6:30								6:30
14	Long Iron / Hybrid	7:00								7:00
		7:30								7:30
15	Hybrid / Driver	8:00								8:00
		8:30								8:30
1	Long Game Practice Hours									
2	Short Game Practice Hours									
3	Golf Course Practice Hours									
4	Daily Totals									

ELITE GOLFER IMPROVEMENT SYSTEM – Weekly Practice Schedule (Week 8)

#	Practice Blocks	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
		Time								
1	Short Putts	6:00								6:00
		6:30								6:30
2	Long Putts	7:00								7:00
		7:30								7:30
3	Extra Long Putts	8:00								8:00
		8:30								8:30
4	Chip Shots	9:00								9:00
		9:30								9:30
5	Pitch Shots	10:00								10:00
		10:30								10:30
6	Bunker Shots	11:00								11:00
		11:30								11:30
7	Lob Shots	12:00								12:00
		12:30								12:30
8	Rough Shots	1:00								1:00
		1:30								1:30
9	Bunkers Buried	2:00								2:00
		2:30								2:30
10	Short Wedge	3:00								3:00
		3:30								3:30
11	Mid Wedge	4:00								4:00
		4:30								4:30
12	Long Wedge	5:00								5:00
		5:30								5:30
13	Short / Mid Iron	6:00								6:00
		6:30								6:30
14	Long Iron / Hybrid	7:00								7:00
		7:30								7:30
15	Hybrid / Driver	8:00								8:00
		8:30								8:30
1	Long Game Practice Hours									
2	Short Game Practice Hours									
3	Golf Course Practice Hours									
4	Daily Totals									

ELITE GOLFER IMPROVEMENT SYSTEM – Weekly Practice Schedule (Week 9)

#	Practice Blocks	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
		Time								
1	Short Putts	6:00								6:00
		6:30								6:30
2	Long Putts	7:00								7:00
		7:30								7:30
3	Extra Long Putts	8:00								8:00
		8:30								8:30
4	Chip Shots	9:00								9:00
		9:30								9:30
5	Pitch Shots	10:00								10:00
		10:30								10:30
6	Bunker Shots	11:00								11:00
		11:30								11:30
7	Lob Shots	12:00								12:00
		12:30								12:30
8	Rough Shots	1:00								1:00
		1:30								1:30
9	Bunkers Buried	2:00								2:00
		2:30								2:30
10	Short Wedge	3:00								3:00
		3:30								3:30
11	Mid Wedge	4:00								4:00
		4:30								4:30
12	Long Wedge	5:00								5:00
		5:30								5:30
13	Short / Mid Iron	6:00								6:00
		6:30								6:30
14	Long Iron / Hybrid	7:00								7:00
		7:30								7:30
15	Hybrid / Driver	8:00								8:00
		8:30								8:30
1	Long Game Practice Hours									
2	Short Game Practice Hours									
3	Golf Course Practice Hours									
4	Daily Totals									

ELITE GOLFER IMPROVEMENT SYSTEM – Weekly Practice Schedule (Week 10)

#	Practice Blocks	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
		Time								
1	Short Putts	6:00								6:00
		6:30								6:30
2	Long Putts	7:00								7:00
		7:30								7:30
3	Extra Long Putts	8:00								8:00
		8:30								8:30
4	Chip Shots	9:00								9:00
		9:30								9:30
5	Pitch Shots	10:00								10:00
		10:30								10:30
6	Bunker Shots	11:00								11:00
		11:30								11:30
7	Lob Shots	12:00								12:00
		12:30								12:30
8	Rough Shots	1:00								1:00
		1:30								1:30
9	Bunkers Buried	2:00								2:00
		2:30								2:30
10	Short Wedge	3:00								3:00
		3:30								3:30
11	Mid Wedge	4:00								4:00
		4:30								4:30
12	Long Wedge	5:00								5:00
		5:30								5:30
13	Short / Mid Iron	6:00								6:00
		6:30								6:30
14	Long Iron / Hybrid	7:00								7:00
		7:30								7:30
15	Hybrid / Driver	8:00								8:00
		8:30								8:30
1	Long Game Practice Hours									
2	Short Game Practice Hours									
3	Golf Course Practice Hours									
4	Daily Totals									

ELITE GOLFER IMPROVEMENT SYSTEM – Weekly Practice Schedule (Week 11)

#	Practice Blocks	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
		Time								
1	Short Putts	6:00								6:00
		6:30								6:30
2	Long Putts	7:00								7:00
		7:30								7:30
3	Extra Long Putts	8:00								8:00
		8:30								8:30
4	Chip Shots	9:00								9:00
		9:30								9:30
5	Pitch Shots	10:00								10:00
		10:30								10:30
6	Bunker Shots	11:00								11:00
		11:30								11:30
7	Lob Shots	12:00								12:00
		12:30								12:30
8	Rough Shots	1:00								1:00
		1:30								1:30
9	Bunkers Buried	2:00								2:00
		2:30								2:30
10	Short Wedge	3:00								3:00
		3:30								3:30
11	Mid Wedge	4:00								4:00
		4:30								4:30
12	Long Wedge	5:00								5:00
		5:30								5:30
13	Short / Mid Iron	6:00								6:00
		6:30								6:30
14	Long Iron / Hybrid	7:00								7:00
		7:30								7:30
15	Hybrid / Driver	8:00								8:00
		8:30								8:30
1	Long Game Practice Hours									
2	Short Game Practice Hours									
3	Golf Course Practice Hours									
4	Daily Totals									

ELITE GOLFER IMPROVEMENT SYSTEM – Weekly Practice Schedule (Week 12)

#	Practice Blocks	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
		Time								
1	Short Putts	6:00								6:00
		6:30								6:30
2	Long Putts	7:00								7:00
		7:30								7:30
3	Extra Long Putts	8:00								8:00
		8:30								8:30
4	Chip Shots	9:00								9:00
		9:30								9:30
5	Pitch Shots	10:00								10:00
		10:30								10:30
6	Bunker Shots	11:00								11:00
		11:30								11:30
7	Lob Shots	12:00								12:00
		12:30								12:30
8	Rough Shots	1:00								1:00
		1:30								1:30
9	Bunkers Buried	2:00								2:00
		2:30								2:30
10	Short Wedge	3:00								3:00
		3:30								3:30
11	Mid Wedge	4:00								4:00
		4:30								4:30
12	Long Wedge	5:00								5:00
		5:30								5:30
13	Short / Mid Iron	6:00								6:00
		6:30								6:30
14	Long Iron / Hybrid	7:00								7:00
		7:30								7:30
15	Hybrid / Driver	8:00								8:00
		8:30								8:30
1	Long Game Practice Hours									
2	Short Game Practice Hours									
3	Golf Course Practice Hours									
4	Daily Totals									