



Sample Training Plan – Collegiate Golfer

Name Juliette Smith Training Period In-season, January, Week 1

MACROCYCLE

	Assessment & Corrective Exercise	Stabilization	Strength Endurance	Muscular Development	Maximal Strength	Power Endurance	Maximal Power
Pre-season (Fall, with pre-season play)	X	X	X			X	X
In-Season (Winter/ Spring)	X	X	X			X	X
Off-Season (Summer)	X	X	X		X	X	

IN-SEASON MONTHLY PLANNING

	Assessment & Corrective Exercise	Stabilization	Strength Endurance	Muscular Development	Maximal Strength	Power Endurance	Maximal Power
January	X	X	X			X	X
February			X			X	X
March	X	X	X			X	X

IN-SEASON MESOCYCLE - JANUARY

	Assessment & Corrective Exercise	Stabilization	Strength Endurance	Muscular Development	Maximal Strength	Power Endurance	Maximal Power
Week 1	X	X	X				
Week 2		X	X				
Week 3			X			X	
Week 4			X			X	X

MICROCYCLE – JANUARY – WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Self-Care		X	X	X	X	X	X
Assessment & Corrective Exercise	Re-assessment						
Stabilization	X		X				
Strength Endurance					X		