

Reinold MM, Wilk KE, Reed J, Crenshaw K, Andrews JR. Interval sport programs: guidelines for baseball, tennis, and golf. J Orthop Sports Phys Ther. 2002 Jun;32(6):293-8. doi: 10.2519/jospt.2002.32.6.293. PMID: 12061709.

TABLE 7. Interval golf program.*

	Monday	Wednesday	Friday
Week 1	10 putts 10 chips 5-min rest 15 chips	15 putts 15 chips 5-min rest 25 chips	20 putts 20 chips 5-min rest 20 putts 20 chips 5-min rest 10 chips 10 short irons
Week 2	20 chips 10 short irons 5-min rest 10 short irons 15 medium irons (5-iron off tee)	20 chips 15 short irons 10-min rest 15 short irons 15 chips Putting 15 medium irons	15 short irons 20 medium irons 10-min rest 20 short irons 15 chips
Week 3	15 short irons 20 medium irons 10-min rest 15 short irons 15 medium irons 5 long irons 10-min rest 20 chips	15 short irons 15 medium irons 10 long irons 10-min rest 10 short irons 10 medium irons 5 long irons 5 wood	15 short irons 15 medium irons 10 long irons 10-min rest 10 short irons 10 medium irons 10 long irons 10 wood
Week 4	15 short irons 15 medium irons 10 long irons 10 drives 15-min rest Repeat	Play 9 holes	Play 9 holes
Week 5	Play 9 holes	Play 9 holes	Play 18 holes

* Chips = pitching wedge; short irons = wedge, 9-iron, 8-iron; medium irons = 7-iron, 6-iron, 5-iron; long irons = 4-iron, 3-iron, 2-iron; woods = 3-wood, 5-wood; drives = driver.