

THE 10 GOLDEN RULES OF GOLF SPEED TRAINING

1. **Make speed your exclusive goal.** A goal is most easily achieved when not mixed with other goals. When speed training, train for SPEED and don't simultaneously set your sights on other goals such as strength, mobility or endurance. Everything you do should support your quest for speed. Yes, you might do some strength and mobility work, but it will be limited to essential movements whose purpose is to support the speed training.
2. **During workouts, carefully manage fatigue levels.** A tired golfer is a slow golfer. There are all sorts of ways to make an athlete tired. If you do so, you will also make them slower. This is the hardest things for many athletes and coaches to accept, because most of them equate an exhausting workout with a "good" workout. A perfect speed training workout will leave the golfer energized, not exhausted. Feeling better, not worse. Ramped up, not beaten down. If your golfers are dragging themselves out of the gym, you did them a disservice. They should feel like they could walk out the door and rip a tree out of the ground. They should be able to drive straight to the golf course and tee off, not have to drag themselves home to the couch and recover for 24 or 48 or 72 hours.
3. **Utilize short sets.** The workout is an explosive, energizing event, not an endurance contest. The length of your sets should normally be between 6 and 8 seconds, with 8 to 24 seconds rest in between sets. Occasionally you can drop in a 12 or 16-second set, but it should be rare. Your golfers should go all out for a very short period of time, and then recover enough to do that again. In fact, speed training in its purest form would involve sets that last only 4 seconds, with about 45 seconds of rest in between. That could make for a slightly boring workout, though, and rest periods in the 8 to 24-second range will do the job and keep them engaged.
4. **Use tools that provide dynamic variable resistance.** That means ROPES, and in the right environment, chains. Ropes and chains are the very best tool because they provide dynamic, variable, OSCILLATING resistance. It is somewhat random and unpredictable – the golfer is simultaneously creating and reacting to the movement of the rope. These tools are also very safe because the force curve perfectly matches the actual sports motion, and because the rope/chian is not exactly "with" the golfer when the golfer is in transition, the resistance is LOWEST as the golfer is changing direction. With high speed rope/chain training, each rep is NOT exactly the same...and that's a good thing! We don't seek perfect... we seek ATHLETIC!
5. **Every movement is a full body movement.** There is NO isolation. No such thing as training one body part, or even one half of the body (upper, lower, etc.). No such thing as a "hip exercise" or a "chest exercise" or a "back exercise." No such thing as a single plane movement. It's the whole body, every time, all the time.

6. **Measure 5-10 full driver swing in every workout.** Golf speed training is FUN, mainly because it is clearly defined by a number, and golfers love to compete. Keep track of two things:
 - a. Average speed – this is equivalent to the golfer’s “playing speed
 - b. Top speed – this represents the golfer’s “highest gear,” which can be used on wide open holes where the risk of hitting into trouble is minimal.
7. **Make sure the golfer is relatively fresh when it is time to step into the hitting net.** If the workout has been tough, make sure they can rest and drink water for a few minutes before they hit. Remember, the goal is to be fast, not tired. It’s all about performance.
8. **Encourage your golfers to teach themselves.** They should keep notes regarding what they feel makes them faster through the ball. They should fearlessly experiment. After a couple of weeks, each of your golfers should be able to clearly state to you exactly what yields their fastest swings.
9. **Involve yourself in making sure each golfer has a custom fit driver.** The modern game demands that for best performance, a golfer needs premium equipment. If budget prohibits them from buying new equipment at retail prices, do your best to search the internet (Ebay) to help them find a driver that they can swing fast. Choice of driver – and the fact that it is a good fit – makes a HUGE difference.
10. **Golf speed training is non-technical.** Boggling down in the intricacies of swing technique is like letting the air out of the tires on a dragster. There is one swing thought that universally helps golfers swing faster... CREATE THE MOST SPEED PAST THE BALL. That intention spawns the technique, not vice versa.

NOTE: We do not teach the golf swing. We will never tell you how to swing the club, although we might suggest small tweaks in your setup to take advantage of your natural swing path. What we believe in is our concept of Speed Out in Front.

Basically we are teaching you where to create and expend energy during the act of striking through the ball and up to the left (for a right-handed golfer). Expending energy downward, at the ball, is a speed killer. Energy and speed flowing upward, past the ball, where speed thrives and increases, is where you'll find your pot of gold. We're going to give you tools that help you experience what that feels like, and then you'll transfer that feeling to when you have your driver in your hand. You will largely teach yourself. You'll learn to understand the feeling of your Stock Swing (which produces your playing speed and distance), and your Higher Gear (which produces a speed approximately 7mph faster than your Stock Swing). Seven mph of added clubhead speed yields an additional carry distance of about 16-18 yards.

We want you – on the golf course – to make a conscious choice on each tee box of whether to use your Stock Swing or your Higher Gear. It's a choice, just like choosing a fade or a draw, or a high trajectory or a low shot. That's how you take the speed you've developed in the gym and use it as a weapon on the course.

Speed training is not about swinging as hard as you can and hoping the ball goes somewhere good. It's about utilizing a maximum-efficiency motion to produce effortless speed and distance. When we ask our golfers to describe their fastest swings, they invariably say something like "It felt effortless," or "I wasn't trying too hard," or "I just tried to be faster past the ball." When we ask how their slower swings feel, they usually say "I tried too hard," or "I used up my energy too soon." Harder and faster are two different things. Harder is slower. Faster is faster.

The ultimate goal is not just to be faster, but to use that to shoot lower scores. Speed is a huge asset. You're going to learn how to produce it, and then use it to your advantage. Greater speed occurs because of less wasted motion (greater efficiency). That's what will act as the "fifteenth club" in your bag.