

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Assessment	EMF	Workout A	EMF	Workout B	Play Golf	Play Golf
		GTG: Setup	GTG: Setup	Range: Tempo	GTG: Setup	Range: Tempo	
				GTG: Setup		GTG: Setup	
WEEK 2	Workout A	EMF	Workout B	EMF	Workout A	Play Golf	Assessment
	GTG: Takeaway	Range: Whip	GTG: Takeaway	Range: Whip	GTG: Takeaway	Range: Whip	
		GTG: Takeaway		GTG: Takeaway		GTG: Takeaway	
WEEK 3	Workout B	EMF	Workout A	EMF	Workout B	Play Golf	Play Golf
	GTG: Tension	Range: Tempo	GTG: Tension	Range: Tempo	GTG: Tension	Range: Tempo	
		GTG: Tension		GTG: Tension		GTG: Tension	
WEEK 4	Workout C	EMF	Workout D	EMF	Workout C	Play Golf	Assessment
	GTG: Extension	Range: Impact	GTG: Extension	Range: Impact	GTG: Extension	Range: Impact	
		GTG: Extension		GTG: Extension		GTG: Extension	
WEEK 5	Workout D	EMF	Workout C	EMF	Workout D	Play Golf	Play Golf
	GTG: Twenty	Range: One-Leg	GTG: Twenty	Range: One-Leg	GTG: Twenty	Range: One-Leg	
		GTG: Twenty		GTG: Twenty		GTG: Twenty	
WEEK 6	Workout C	EMF	Workout D	EMF	Workout C	Play Golf	Assessment
	GTG AM: Setup	Range: Tempo	GTG AM: Setup	Range: Tempo	GTG AM: Setup	Range: Tempo	
	GTG PM: Twenty	GTG AM: Setup	GTG PM: Twenty	GTG AM: Setup	GTG PM: Twenty	GTG AM: Setup	
		GTG PM: Twenty		GTG PM: Twenty		GTG PM: Twenty	