

Off-season Training Priorities for Golfers

Just like athletes in any other sport, golfers should spend the majority of their off-season preparing their body for the demands of the upcoming season.

After a period of rest to allow the body to recover and the mind to recharge, the golfer can maximize their performance and minimize their chances of suffering an injury during the golf season by spending time improving their fitness during the winter months.

Once the golfer is ready to start training specifically for golf, they should start with these three main priorities...

- 1) **Balance** - Highly underrated and rarely trained adequately, balance is the physical foundation of the golf swing. It doesn't matter if the rest of the golfer's swing is perfect, without good balance, it is impossible to achieve consistency in ball striking. Begin with drills to train static balance (or balance in a stationary position) such as practicing standing on one foot. As static balance improves, train the balance dynamically by performing movements through unstable positions such as a walking lunge.
- 2) **Core Strength** - The core includes all the major muscles groups in the centre of the body often grouped as abs, lower back, and glutes. Start with static and stability type exercises such as plank position moving towards adding resistance and instability such as Ball-Wall Squats.
- 3) **Mobility & Flexibility** - Training mobility means increasing the range of motion about key joints such as the hips, shoulders and ankles, while improving flexibility is more about increasing length and reducing tension in muscle groups that often get tight such as in the calf and hamstring. Both mobility and flexibility can be improved with a combination of stretching and foam rolling techniques.



Balance, Core Strength and Mobility/Flexibility are the three main building blocks for a golfer's fitness. Once those fitness components improve enough that they are no longer considered limitations, the golfer can progress by adding different exercises to train overall strength, proprioception, and speed. See a certified personal trainer with sound knowledge of golf conditioning programs for further details on the suggested exercises and more ideas on how to improve your golf fitness in the off-season.

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