



SDB: Weekly Scheduling Program

	EMF	WORKOUT	GTG	RANGE DRILL(S)	PRACTICE SCHEDULE
MONDAY					Full Swing: RedZone: Chipping: Putting: Sand:
TUESDAY					Full Swing: RedZone: Chipping: Putting: Sand:
WEDNESDAY					Full Swing: RedZone: Chipping: Putting: Sand:
THURSDAY					Full Swing: RedZone: Chipping: Putting: Sand:
FRIDAY					Full Swing: RedZone: Chipping: Putting: Sand:
SATURDAY					Full Swing: RedZone: Chipping: Putting: Sand:
SUNDAY					Full Swing: RedZone: Chipping: Putting: Sand:

Example:	Yes 6am	PD Workout A	PD Takeaway	PD: Whip Drill RZC: Quit the Flip TapIn: All Arms Swing NM3P: RH Only	Full Swing: 35 min. RedZone: 10 min. Chipping: 10 min. Putting: 30 min. Sand: 5 min.
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