

The 2-day week

90 MIN TOTAL

2 × 45 MIN

BEST FOR 15–25 HANDICAPS

Two sessions on **non-adjacent days** (Tuesday + Saturday works; back-to-back days don't). Day 1 is short game and putting, Day 2 is ball-striking. Write a number in every log line — the log is what tells you the schedule is working.

WEEKLY TIME ALLOCATION — 90 MINUTES

Putting 28%

Chipping & wedges 28%

Irons & approach 33%

Driver 11%

Day 1 — e.g. Tuesday

45 min

SHORT GAME & PUTTING · MOSTLY BLOCK PRACTICE

Short putting

15 min

Gate drill from 4–6 ft. One gate, one start line, 20 putts.

PASS 15 of 20 through the gate

MADE / 20

Lag putting

10 min

10 putts from 25–40 ft, different distance every putt.

PASS 8 of 10 inside 3 ft (two-putt range)

INSIDE 3 FT / 10

Chipping

15 min

One club, one landing zone. 20 chips at a towel or circle.

PASS 6 of 10 finishing inside 6 ft

INSIDE 6 FT / 10

Pressure finish

5 min

5 up-and-down attempts: chip, then hole the putt. Course rules.

PASS 2 of 5 up-and-downs

CONVERTED / 5

Day 2 — e.g. Saturday

45 min

BALL-STRIKING · BLOCK FIRST, THEN RANDOM

Wedge warm-up

5 min

10 half-swing wedges to one target. Contact only, no scoring.

GOAL Find the strike before the score

Iron block

15 min

7-iron to one target, 20 balls. Centered strike is the rep.

PASS 6 of 10 clean strikes, playable flight

CLEAN / 10

Random club mix

15 min

15 balls, no two consecutive clubs the same, new target every shot.

PASS 9 of 15 playable (would find it, could play it)

PLAYABLE / 15

Driver window

10 min

10 drives at a defined fairway window (two range flags or posts).

PASS 6 of 10 inside the window

IN WINDOW / 10

The 3-day week

135 MIN TOTAL

3 × 45 MIN

BEST FOR 8-18 HANDICAPS

The highest-value schedule in this pack: three 45-minute sessions spaced across the week (Tue / Thu / Sat pattern) out-learn one 135-minute Saturday session on the same total time. Each day has one emphasis, and the week covers every skill twice.

WEEKLY TIME ALLOCATION — 135 MINUTES

Putting 25%

Chipping & wedges 25%

Irons & approach 35%

Driver 15%

Day 1 — Tue45 min	Day 2 — Thu45 min	Day 3 — Sat45 min
PUTTING & WEDGES	APPROACH PLAY · RANDOM EMPHASIS	FULL BAG · PRESSURE BLOCKS
Short putting 12 min 4–8 ft, gate drill, ladder the distance up on makes. PASS 15 of 20 made MADE / 20	Wedge warm-up 5 min 10 half wedges, contact only. GOAL Strike before score CLEAN / 10	Chip + pitch mix 15 min Alternate chip and pitch, new lie and landing zone every ball. PASS 6 of 10 inside 6 ft INSIDE 6 FT / 10
Lag putting 10 min 25–40 ft, new distance every putt. PASS 8 of 10 inside 3 ft INSIDE 3 FT / 10	Iron block 12 min One mid-iron, one target, 15 balls. PASS 6 of 10 clean strikes CLEAN / 10	Approach pressure 15 min 12 shots, 3 clubs rotating, defined green window. PASS 7 of 12 on the "green" — fail = repeat next week ON GREEN / 12
Wedge ladder 18 min 50 / 75 / 100 yd rotation, 5 balls per distance. PASS Within 5 yd of number, 9 of 15 ON NUMBER / 15	Random 9-hole sim 20 min Play your home course's first 9 tee shots and approaches on the range — full routine, new club every shot. PASS 11 of 18 shots playable PLAYABLE / 18	Driver pressure 8 min 2-ball "fairway or rough" game: each pair, one must hold the window. PASS 4 of 5 pairs with a fairway PAIRS WON / 5
Pressure putt 5 min Hole 5 in a row from 4 ft. Miss = restart. PASS One clean run of 5 ATTEMPTS	Driver window 8 min 8 drives at a fairway window, full routine each. PASS 5 of 8 in window IN WINDOW / 8	Putt-out finish 7 min 9-hole putting course: 3 short, 3 mid, 3 lag. Count total putts. PASS 16 putts or fewer TOTAL PUTTS

The 5-day week

~205 MIN TOTAL

TWO SHORT HOME BLOCKS

BEST FOR SINGLE DIGITS & COMPETITORS

Five touches, two of them 20-minute home blocks — daily contact with the skill matters more than long sessions. Wednesday and Sunday stay empty on purpose: consolidation happens between sessions, and the two rest days are what make five touchpoints sustainable.

WEEKLY TIME ALLOCATION — ~205 MINUTES

Putting 20%

Wedges 22%

Approach & pressure 43%

Driver 15%

Mon — Home

20 min

PUTTING MAT**Start line**

12 min

Gate drill on the mat, 30 putts.

PASS 24 of 30 through

THROUGH / 30

Pressure run

8 min

10 in a row or restart.

PASS One clean run

ATTEMPTS

Tue — Range

45 min

APPROACH · RANDOM EMPHASIS**Random iron mix**

30 min

No two consecutive clubs the same; full routine every ball.

PASS 6 of 10 inside one club-length window

SCORE / 10

Driver window

15 min

12 drives, alternating shape if you play two.

PASS 8 of 12 in window

IN WINDOW / 12

Wed — Off

Scheduled rest. Motor consolidation runs between sessions, and sleep is part of the schedule. Skip the guilt.

Thu — Short game

45 min

WEDGE DISTANCE & GREENSIDE**Wedge ladder**

20 min

40–110 yd in 10-yd steps, one ball per number.

PASS Within 5 yd on 6 of 8 numbers

ON NUMBER / 8

Greenside mix

17 min

Chip / pitch / bunker rotation, new lie every ball.

PASS 6 of 10 inside 6 ft

INSIDE 6 FT / 10

Up-and-down test

8 min

6 attempts, course rules, worst lies you can find.

PASS 3 of 6 converted

CONVERTED / 6

Fri — Home

20 min

SPEED OR MIRROR WORK**Speed block**

20 min

Overspeed swings or slow-motion mirror positions — alternate weeks.

GOAL Log top swing speed or 3 positions held

LOG

Sat — Course

75 min

9-HOLE ASSESSMENT OR PRESSURE SESSION**Assessment 9**

75 min

Play 9 holes, normal scoring, one ball. Log fairways, GIR, up-and-downs, putts. Alternate weeks: replace with a 45-min range pressure session, every drill pass/fail.

LOG FW ____ / GIR ____ / U&D ____ / Putts ____**Sun — Off**

Play if you want. Practice stays closed.

Build your week

[FILL-IN TEMPLATE](#)[PRINT ONE PER WEEK](#)

Rules that make any layout work: sessions on non-adjacent days, every block gets a numeric success criterion, short game and putting get at least **half the total time** unless your stats say otherwise, and nothing goes on the calendar without a log line.

DAY	TIME	FOCUS	DRILL	PASS CRITERION	RESULT
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

THE 4-WEEK CYCLE

- ☐ **Week 1** Baseline logged. Run the schedule as printed — mostly block practice.
- ☐ **Week 2** Same schedule. Feel improves before score does — keep logging.
- ☐ **Week 3** Go random: shuffle block order, no two consecutive shots alike.
- ☐ **Week 4** Assessment round. Compare to baseline, re-weight next cycle.

BASELINE — BEFORE WEEK 1

GIR per round last 5 rounds avg

3-putts per round last 5 rounds avg

Up-and-down % last 5 rounds

Fairways per round last 5 rounds avg

Biggest leak where strokes go

3 × 45 > 1 × 135

Spaced sessions beat one long session on the same total time (Cepeda et al., 2006 — the spacing effect).

2–4 blocks

Per session, never more. Rep quality collapses when a session tries to cover everything.

≥50% short game

Half your time inside 100 yards until your logged stats argue otherwise.

1 log per block

A number every block, every session. Feel lies; the log doesn't.