

SuperSpeed Golf uses the concept of overspeed training to increase club speed, and consequently distance, for thousands of amateur and professional golfers worldwide. Overspeed training works to increase the neuromuscular reaction speed of a known motor program by reducing the load during a movement, allowing the body to move faster than normal. We provide over a years worth of training protocols with follow-along instructional videos available to watch on YouTube for free. Follow along with the instructions to make sure you are performing SuperSpeed correctly to achieve the best results.

The SuperSpeed Set

Weight relative
to a standard
men's driver



-20%

Swinging the lightest club first increases the speed by reducing the load. You should swing this club approx. 19% faster than your driver club speed.



-10%

Swinging the medium club second not only increases the speed but as it weighs more than the light club it encourages permanency of the initial speed gain. You should swing this club approx. 15% faster than your driver club speed.



+5%








Swinging the heavy club third helps to create a permanency in the speed gain. You should swing this club 12% faster than your driver club speed.

15 mins

**3 days
/week**

6 weeks

Guidelines

-  **ALWAYS perform our dynamic warmup before training.**
-  **ALWAYS switch your grip from dominant to non-dominant when changing sides.**
-  **ALWAYS swing in a safe area towards an open space or a net.**
-  **ALWAYS wear a glove.**
-  **ALWAYS swing 6-8 inches off the ground.**
-  **ALWAYS train SuperSpeed in the morning when most neurologically fresh.**
-  **ALWAYS train SuperSpeed 3 days/week with one rest day between sessions.**



Protocol Timeline

We have over a years worth of training protocols all targeted to increase your swing speed.



Protocols

Our protocols are clearly defined with reps, positions, and club weight. An important component to generating speed is training both the dominant and non-dominant sides of the body. This is denoted by "each side" in the rep section. Lastly, we always finish with 3 reps on your dominant side using the lightest club only.

| LEVEL 1 | | | | |
|---------|-------------|-------------|-------------|-------------|
| | POSITION | LIGHT | MEDIUM | HEAVY |
| 1 | Normal | 3 Each Side | 3 Each Side | 3 Each Side |
| 2 | Step-Change | 3 Each Side | 3 Each Side | 3 Each Side |
| 3 | Normal | 3 Dominant | | |

Duration: 6 weeks
Frequency: 3 days/week
Avg. increase in speed: 5%

Normal: Normal golf swing
Step-Change: Starting in golf posture, put both feet together. Press the club forward slightly, swing back while stepping out with the lead leg, and swing through

Step- Change Breakdown





Use the radar during each swing to motivate you to make each swing faster than the last.

Ensure it is in the correct setting by pressing the middle blue button until the black dots appear above the golf club and next to mph.

SuperSpeed Club Speed



Ensure the radar is in the middle of the stance.

Swing 1-2ft in front of the radar to obtain a reading using the SuperSpeed club.

Do not hit the radar.

Driver Speed



Ensure the radar is placed in front of the ball, and then angled away from the target.

Swing 1-2ft in front of the radar to obtain a reading using your driver.

The radar measures how fast the toe of the driver is moving, which results in the reading being approx. 3mph higher than it would read on a launch monitor.

DRIVER SPEED (mph)

Here is where you will keep a track of your driver speed before






| | |
|---------------|--|
| BEFORE | |
| AFTER | |

Always use the same device to measure your speed before and after

CLUB SPEED (mph)

Here is where you will keep track of your maximum Super-Speed club speeds for each session.

| |  |  |  |
|-------------------------|---|---|---|
| 1 | _____ | _____ | _____ |
| 2 | _____ | _____ | _____ |
| 3 | _____ | _____ | _____ |
| 4 | _____ | _____ | _____ |
| 5 | _____ | _____ | _____ |
| 6 | _____ | _____ | _____ |
| WEEK | | | |
| MAX. SPEED (mph) | | | |