



## Strength & Power for Distance

### Program 1

Date:			Date:			Date:		
Day 1 - Chest & Back		Notes	Day 2 - Legs & Core		Notes	Day 3 - Shoulders & Core		Notes
<b>Warm up</b>			<b>Warm up</b>			<b>Warm up</b>		
Treadmill	3-5 Min Walk		Treadmill	3-5 Min Walk		Treadmill	3-5 Min Walk	
Treadmill	3- 5 Min jog		Treadmill	5-8 Min jog		Treadmill	3- 5 Min jog	
<b>Abs/Core</b>			<b>Abs/Core</b>			<b>Abs/Core</b>		
Crunches	2x30 Reps		Crunches	2x30 Reps		Crunches	2x30 Reps	
Leg Lifts	2x30 Reps		Leg Lifts	2x30 Reps		Leg Lifts	2x30 Reps	
Plank	2 sets of 1 min each		Plank	2 sets of 1 min each		Plank	2 sets of 1 min each	
Bar/Stick Shoulder Rotations	4 x 30 Reps		Bar/Stick Shoulder Rotations	4 x 30 Reps		Bar/Stick Shoulder Rotations	4 x 30 Reps	
<b>Chest</b>			<b>Legs</b>			<b>Shoulders</b>		
Bench Press (Free Weight)			Dumbbell Split Squat	3x10 Reps		Front Dumbbell Shoulder Raises	3x10 Reps	
Warm up	1x12 Reps		Dumbbell Lunges	3x10 Reps		Side Dumbbell Shoulder Raises	3x10 Reps	
Set 1	1x8 Reps		Bodyweight Squats	3x30 Reps		Dumbbell Shrugs (heavy)	4x20 Reps	
Set 2	1x8 Reps		Single Leg Dumbbell Romanian Deadlift	2x15 Reps		Dumbbell Shoulder Press (light)	4x20 Reps	
Set 3	1x8 Reps		Lunge Twist w/ Medicine Ball	3x10 Reps		Side Dumbbell Shoulder Raises	2x20 Reps	
Set 4	1x8 Reps		<b>Abs/Core</b>			<b>Arms</b>		
Set 5	1x10+ Reps		Leg Lifts	2x30 Reps		Forarm curls with straight bar	2x25 Reps	
Dumbbell Chest Flys	4x10 Reps		Crunches	2x30 Reps		Forarm extension with straight bar	2x25 Reps	
Tricep Pushdown	4x10 Reps		Bi-cycle Crunches	2x30 Reps		Straight Bar Curls	4x10 Reps	
<b>Back</b>			Single Legged Leg Lifts	2x30 Reps for each leg		Dumbbell Curls to overhead press	3x8 Reps	
Bentover Dumbbell Rows	3x10 Reps		Opposite Extremity Extension from Plank Position	3x10 Reps (10 sec holds)		<b>Abs/Core</b>		
Lat Pulldowns	5x10 Reps		Bar/Stick Shoulder Rotations	4 x 30 Reps		Leg Lifts	2x30 Reps	
Bentover Dumbbell Back Flys			<b>Run</b>			Crunches	2x30 Reps	
<b>Arms</b>			Jog 1 to 1.5 miles at a comfortable pace			Bi-cycle Crunches	2x30 Reps	
Forarm curls with straight bar	2x25 Reps		<b>Stretch</b>			Single Legged Leg Lifts	2x30 Reps for each leg	
Forarm extension with straight bar	2x25 Reps		10-15 mins of post workout stretching			<b>Stretch</b>		
Straight Bar Curls	4x10 Reps					5-10 mins of post workout stretching		
<b>Abs/Core</b>								
Leg Lifts	2x30 Reps							
Crunches	2x30 Reps							
Bi-cycle Crunches	2x30 Reps							
Single Legged Leg Lifts	2x30 Reps for each leg							
<b>Stretch</b>								
5-10 mins of post workout stretching								

#### Notes:

The above program represents 3 workout sessions per week - Print 16 copies of this program for 16 weeks and record your progress in the notes section, record weight and reps completed

All lifts can be googled or looked up on youtube for references on form

This workout is challenging, but work your way into it. If you cannot complete it in the beginning, just keep chipping away at it with light weight until you complete it. Then strive for progress each workout thereafter

All exercises should be performed at your own pace and intensity level that suits you, but strive to gain and make progress from the prior workout

Gopher Golf has suggested this workout and is in no way liable for injury, or negligence of the individual performing the program. Consult with your physician if you have prior health conditions