



Tour Player Fitness Routines

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What many people don't realize about tour players is just how hard these guys work on all aspects of their games. Yes, each of them has a ton of natural talent, but the vast majority look for every way to maximize their on-course performance by focusing on what they do before and after their rounds.

During any given week, we'll work with more than half the tournament field. Over the course of a season, that adds up to roughly 85 percent of the players who compete on Tour. The individual reasons these men work out include staying healthy, getting healthy, prolonging their careers, improving performance and more.

Whatever their goals, the amount of time spent on strength and conditioning, as well as the frequency of their visits to the fitness trailer during competitions, usually follows a consistent pattern:

Tuesday

Players typically progress through a 45-to-90 minute training session their first day at a tournament site. This is often the longest and most strenuous workout of their week, because they have a chance to recover thanks to the extra day before the competition starts.

Beyond cardiovascular training – for which we use CYBEX Arc Trainers, stationary bikes and treadmills – focus areas include resistance training, stabilization, rotational training and building strength in weaker areas of the body. The major muscle groups we most often work on are shoulders, lower back, hips and lower body. People are often surprised at how much attention we place on the lower body. This is because it plays such a key role in proper balance, swing mechanics and power.

For all these exercises, we typically use the CYBEX Bravo Functional Trainer. Its adjustable grips and stability pad allow us to do almost anything. It's a fully-equipped, one-piece gym that's a great space saver on the fitness trailer. We used to have one, four-unit device that was ideally suitable for only four specific exercises – and it took up a ton of room. Now the options are almost limitless.

Wednesday

Players will first visit us to stretch and warm-up prior to practice; then come in for a streamlined version of their Tuesday workout. Since there's no recovery day before the tournament starts, this might include exercising with lighter weights or doing a less intense cardio session.

Thursday

We'll receive two "waves" of players through the trailer, depending on who has morning or afternoon tee times. Usually, they'll arrive for stretching and warm-up two hours prior to their tee time. Some players will warm-up on their own and then have me or another trainer stretch them. Others prefer to have assistance from start to finish. This means that we can have up to 12 players in the fitness trailer at any given time.

A good portion of those players we saw earlier in the day will come in again for a post-round workout. The program is often similar to what they did on Wednesday, taking anywhere from 30-to-60 minutes.

Friday & Saturday

The schedule and workout programs of the players mirrors that of Thursday, with the one exception being that guys who miss the cut will sometimes stay on site for additional practice and also do their fitness routine in the trailer.

Sunday

The fitness trailer and training staff remain on site until after the last player has completed his warm-up, then we head to the next tournament destination.