



POWER AND DISTANCE CHALLENGE 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<input type="checkbox"/> PRINT CALENDAR <input type="checkbox"/> PRINT GOALS WORKSHEET <input type="checkbox"/> CREATE BINDER <input type="checkbox"/> SET GOALS	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> DISTANCE TEST #1 <input type="checkbox"/> BODY ASSESSMENT #1	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: SETUP <input type="checkbox"/> WORKOUT A	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: SETUP <input type="checkbox"/> DRILL: FEET TOGETHER	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: SETUP <input type="checkbox"/> WORKOUT B	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: SETUP <input type="checkbox"/> DRILL: FEET TOGETHER	<input type="checkbox"/> PLAY GOLF
2	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: TAKEAWAY <input type="checkbox"/> WORKOUT A	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: TAKEAWAY <input type="checkbox"/> DRILL: THE WHIP	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: TAKEAWAY <input type="checkbox"/> WORKOUT B	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: TAKEAWAY <input type="checkbox"/> DRILL: THE WHIP	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: TAKEAWAY <input type="checkbox"/> WORKOUT A	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: TAKEAWAY <input type="checkbox"/> DRILL: THE WHIP	<input type="checkbox"/> PLAY GOLF
3	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: POWER COIL <input type="checkbox"/> WORKOUT B	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: POWER COIL <input type="checkbox"/> DRILL: FEET TOGETHER	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: POWER COIL <input type="checkbox"/> WORKOUT A	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: POWER COIL <input type="checkbox"/> DRILL: FEET TOGETHER	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: POWER COIL <input type="checkbox"/> WORKOUT B	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: POWER COIL <input type="checkbox"/> DRILL: FEET TOGETHER	<input type="checkbox"/> DISTANCE TEST #2 <input type="checkbox"/> BODY ASSESSMENT #2
4	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: DOWNSWING <input type="checkbox"/> WORKOUT C	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: DOWNSWING <input type="checkbox"/> DRILL: EXTENSION	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: DOWNSWING <input type="checkbox"/> WORKOUT D	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: DOWNSWING <input type="checkbox"/> DRILL: EXTENSION	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: DOWNSWING <input type="checkbox"/> WORKOUT C	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: DOWNSWING <input type="checkbox"/> DRILL: EXTENSION	<input type="checkbox"/> PLAY GOLF
5	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: TWENTY SWINGS <input type="checkbox"/> WORKOUT D	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: TWENTY SWINGS <input type="checkbox"/> DRILL: ONE LEG	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: TWENTY SWINGS <input type="checkbox"/> WORKOUT C	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: TWENTY SWINGS <input type="checkbox"/> DRILL: ONE LEG	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: TWENTY SWINGS <input type="checkbox"/> WORKOUT D	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: TWENTY SWINGS <input type="checkbox"/> DRILL: ONE LEG	<input type="checkbox"/> PLAY GOLF
6	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG AM: SETUP <input type="checkbox"/> GTG PM: TWENTY SWINGS <input type="checkbox"/> WORKOUT C	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: TWENTY SWINGS <input type="checkbox"/> DRILL: FEET TOGETHER <input type="checkbox"/> DRILL: POWER COIL	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG AM: SETUP <input type="checkbox"/> GTG PM: TWENTY SWINGS <input type="checkbox"/> WORKOUT D	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: TWENTY SWINGS <input type="checkbox"/> DRILL: FEET TOGETHER <input type="checkbox"/> DRILL: WHIP	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG AM: SETUP <input type="checkbox"/> GTG PM: TWENTY SWINGS <input type="checkbox"/> WORKOUT C	<input type="checkbox"/> 20 MMR: EMF <input type="checkbox"/> GTG: TWENTY SWINGS <input type="checkbox"/> DRILL: FEET TOGETHER <input type="checkbox"/> DRILL: EXTENSION	<input type="checkbox"/> DISTANCE TEST #3 <input type="checkbox"/> BODY ASSESSMENT #3

NEXT: START THE RED ZONE CHALLENGE TO IMPROVE APPROACH SHOT ACCURACY.

SCORECARD							
20 MMR: EMF	/ 35	GTG	/ 37	DRILLS	/ 20	ASSESSMENT	/ 6
WORKOUT	/ 17						



CONSULT YOUR PHYSICIAN AND FOLLOW ALL SAFETY INSTRUCTIONS BEFORE BEGINNING THIS HIGH INTENSITY AND PHYSICALLY DEMANDING EXERCISE PROGRAM AND NUTRITION PLAN.

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