



# MONATS TRAININGSPLAN

## 1 Trainings - Session pro Woche

### WOCHE 1

30 Minuten  
30 Minuten  
60 Minuten

Putt Training  
Chip Training  
Eisen Training



### WOCHE 2

20 Minuten  
30 Minuten  
40 Minuten  
30 Minuten

Bunker Training  
Pitch Training  
Eisen Training  
Driver Training



### WOCHE 3

30 Minuten  
30 Minuten  
60 Minuten

Chip Training  
Pitch Training  
Eisen Training



### WOCHE 4

30 Minuten  
30 Minuten  
30 Minuten  
30 Minuten

Putt Training  
Pitch Training  
Eisen Training  
Driver Training

