



# MONATS TRAININGSPLAN

2 Trainings - Sessions pro Woche

## WOCHE 1

### SESSION 1

30 Minuten  
60 Minuten

Chip Training  
Eisen Training



### SESSION 2

30 Minuten  
30 Minuten  
30 Minuten

Pitch Training  
Eisen Training  
Driver Training



## WOCHE 2

### SESSION 1

30 Minuten  
30 Minuten  
30 Minuten

Putt Training  
Bunker Training  
Eisen Training



### SESSION 2

30 Minuten  
30 Minuten  
30 Minuten

Chip und Pitch Training  
Eisen Training  
Driver Training





# MONATS TRAININGSPLAN

2 Trainings - Sessions pro Woche

## WOCHE 3

### SESSION 1

30 Minuten Putt Training  
20 Minuten Chip Training  
20 Minuten Bunker Training  
20 Minuten Driver Training



### SESSION 2

30 Minuten Pitch Training  
60 Minuten Eisen Training



## WOCHE 4

### SESSION 1

20 Minuten Bunker Training  
50 Minuten Eisen Training  
20 Minuten Driver Training



### SESSION 2

30 Minuten Putt Training  
30 Minuten Eisen Training  
30 Minuten Driver Training

