



# MONATS TRAININGSPLAN

3 Trainings - Sessions pro Woche

## WOCHE 1

### SESSION 1

30 Minuten  
30 Minuten

Chip Training  
Eisen Training



### SESSION 2

30 Minuten  
30 Minuten  
30 Minuten

Putt Training  
Pitch Training  
Eisen Training



### SESSION 3

30 Minuten  
30 Minuten  
30 Minuten

Bunker Training  
Eisen Training  
Driver Training





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## WOCHE 2

### SESSION 1

30 Minuten  
30 Minuten

Putt Training  
Chip Training



### SESSION 2

30 Minuten  
30 Minuten  
30 Minuten

Pitch Training  
Bunker Training  
Eisen Training



### SESSION 3

60 Minuten  
30 Minuten

Eisen Training  
Driver Training





# MONATS TRAININGSPLAN

3 Trainings - Sessions pro Woche

## WOCHE 3

### SESSION 1

30 Minuten  
30 Minuten

Putt Training  
Eisen Training



### SESSION 2

30 Minuten  
30 Minuten  
30 Minuten

Pitch Training  
Eisen Training  
Driver Training



### SESSION 3

30 Minuten  
30 Minuten  
30 Minuten

Chip Training  
Bunker Training  
Driver Training





# MONATS TRAININGSPLAN

3 Trainings - Sessions pro Woche

## WOCHE 4

### SESSION 1

30 Minuten  
30 Minuten

Chip Training  
Pitch Training



### SESSION 2

30 Minuten  
30 Minuten  
30 Minuten

Bunker Training  
Eisen Training  
Driver Training



### SESSION 3

30 Minuten  
30 Minuten  
30 Minuten

Putt Training  
Eisen Training  
Driver Training

