

## **The 5 Keys to Improving Your Golf Through Fitness**

A strategy for success, that's what you want when you face a difficult challenge, a simple formula that will all but guarantee a positive outcome. Follow these five steps and you will be on the road to great golf fitness...

Pretty straight forward you might imagine...or is it?

Getting fit for golf, indeed getting fit at all is a familiar challenge for many of you, and indeed many of those you coach.

So where do you start?

To paraphrase Robert Winters from his book "Mindpower Golf"

"if you want to make changes (in your fitness) you must accept personal responsibility to become what you want to be. Believing in yourself and your training is part of the learning and believing process, and it all begins and ends with your making an active and conscious decision to get better"

So if you have that mindset then read on

### **Key 1 – Attitude**

Sustaining the long-term commitment is hard work and requires a real singleness of purpose. There will be times when you don't want to do it and only you will know whether your body or your mind is holding you back. Here's some advice from two greats of the past:

*"Resolve never to quit, never to give up, no matter what the situation"*

Jack Nicklaus

*"The good lord gave you a body that can stand most anything, it's your mind you have to convince"*

Vince Lombardi

### **Key 2 – Belief**

100% belief that fitness training will help you and your golf. You must have full belief in the relevance of fitness to the golfer. If you don't you'll quit when it gets tough, quit in your workouts, quit if results are slow or worse when they are just around the corner.

### **Key 3 – Simplicity before Complexity**

Late one morning an enthusiastic golfer approached a conditioning master and asked: *“should I start taking creatine to enhance my training?”*

After a pause the master replied: *“what did you have for breakfast?”*

Puzzled the golfer responded: *“nothing yet”*

The master smiled: *“and you want to know about creatine...”*

Australian swimming coach Bill Sweetenham puts it this way:

*“do the basic things exceptionally well, not the exceptional things basically well”*

### **Key 4 – Vision**

Pick up any good sport psychology, personal development or coaching book and you will find ample space given over to sections on how to establish and write a whole range of goals (outcome, performance, process etc...).

Simply think of it this way:

1. Decide on what you want
2. Decide when you want it by
3. Write it down
4. Act

### **Key 5 – Consistency**

I encounter many golfers who say they want to get fitter etc... and then give up within a few weeks because they don't want to put in the work that is required.

Fitness for golf like fitness for life is not a one-time thing it's an all time thing. This does not mean non stop full bore training, understanding the balance of training and recovery will be very important to your long term progress. Just remember Rome wasn't built in a day it was built day by day.

Good Training!

Gary Stebbing