USNDP | TRAINING & COMPETITION GUIDE | WORKSHEET

Days (per month)	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan
2	Intentional Recovery	Intentional Recovery	Intentional Recovery	Intentional Recovery	Intentional Recovery	Intentional Recovery	Intentional Recovery	Intentional Recovery	Intentional Recovery	Intentional Recovery	Intentional Recovery	Intentional Recovery
4												
6												
8												
10												
12	Training (Golf Specific)	Training (Golf Specific)	Training (Golf Specific)	Training (Golf Specific)	Training (Golf Specific)	Training (Golf Specific)	Training (Golf Specific)	Training (Golf Specific)	Training (Golf Specific)	Training (Golf Specific)		
14												
16												
18												
20	Other Activities				Competition	Competition				Other Activities	Other Activities	Other Activities
22												
24				Competition			Competition					
26			Competition					Competition				
28		Competition							Competition			
30												

SEASONS:	SPRING TRAINING SEASON			PEAK COMPETITION SEASON				FALL SEASON			RECOVERY & REVIEW	

Summary:

Tournament Days	**0**	**5**	**8**	**14**	**18**	**18**	**14**	**8**	**5**	**0**	**0**	**0**
# of Tournaments	0	1	1	2	2	3	2	1	0	0	0	0
Practice Days - Golf	8	14	12	9	4	5	9	12	14	8	1	1
Training Days - Physical	0	8	6	4	4	4	4	6	8	0	0	0
Training Days - Total	**8**	**22**	**18**	**13**	**8**	**9**	**13**	**18**	**22**	**8**	**1**	**1**
Intentional Recovery	**8**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**10**	**18**	**18**
Activities / Second Sport?	**12**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**12**	**12**	**12**
Total Days (per month)	28	31	30	31	30	31	31	30	31	30	31	31
Schedule (per month)	**28**	**31**	**30**	**31**	**30**	**31**	**31**	**30**	**31**	**30**	**31**	**31**
Difference (per month)	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**