

# Peak Performance Planning

## A Guide for Elite Junior Golf Development

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Tomas Adalsteinsson, Head Women's Golf Coach, Williams College, and Athlete Development Consultant, USNDP

Chris Zambri, Head Coach, USNDP



U.S. NATIONAL DEVELOPMENT PROGRAM

# Introductions



**Dr. Beth Brown**

Senior Athlete Development Specialist, USNDP



**Tomas Adalsteinsson**

Athlete Development Consultant, USNDP



**Chris Zambri**

Head Coach, USNDP

# *Developing athletes who*



# Objectives: Peak Performance Planning

## 1. ANNUAL PLAN:

Understand the value of structured annual planning in performance and growth.

## 2. OPTIMIZED SCHEDULE:

Gain tips for optimizing practice, tournament schedules, and physical training.

## 3. CALENDAR TEMPLATE:

Receive a 12-month Training & Competition Calendar Template to build your own plan.

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# Why would an elite junior golfer create an annual plan for the year?

[Edit on Mentimeter.com](#)

All responses to your question will be shown here

Each response can be up to 200 characters long

Turn on voting to let participants vote for their favorites

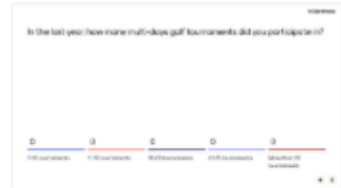
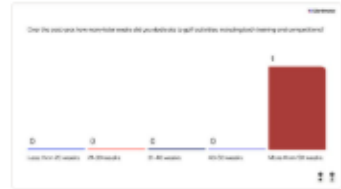
Menti

Peak Performance Plan...



Choose a slide to present

Why would an elite junior golfer create an annual plan for the year?



“It isn’t possible to be in top shape 52 weeks a year, therefore, it is imperative that the best athletes take time to strategically plan around their tournament calendar and identify time for competition, skill development, rest and recovery.”

- Anne Walker

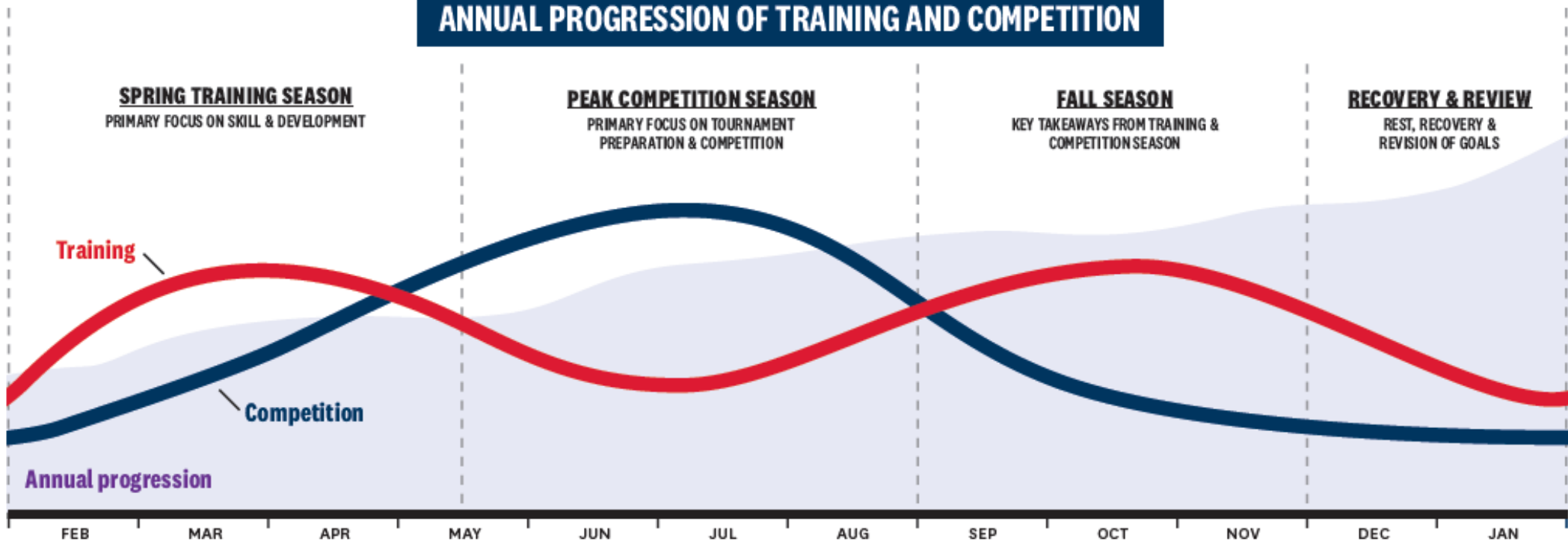
*Margot and Mitch Miliias  
Director of Women’s Golf  
Stanford University*





# TRAINING & COMPETITION GUIDE FOR ELITE JUNIOR GOLFERS

## ANNUAL PROGRESSION OF TRAINING AND COMPETITION



# Let's Chat!

What does your annual planning process look like?

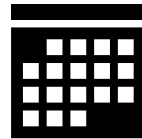
What factors might be helpful to consider when planning your year?



# Three Categories of Planning Guidelines



**Practice Planning**



**Tournament Scheduling**



**Physical Training**

# Three Categories of Planning Guidelines



**Practice Planning**



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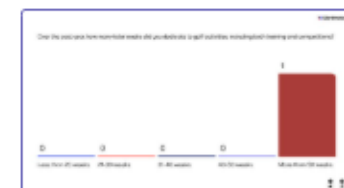


Over the past year, how many total weeks did you dedicate to golf activities, including both training and competitions?



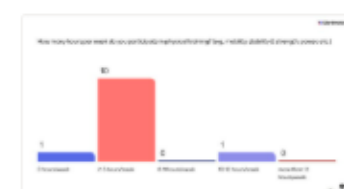
Choose a slide to present

Why would an elite junior golfer create an annual plan for the year?



In the last year how many multi-day golf tournaments did you participate in?

Category	Votes
0-1 tournaments	0
2-3 tournaments	0
4-5 tournaments	0
6-7 tournaments	0
8-9 tournaments	0



# Practice Planning:

## ★ PLAN A (TOP RECOMMENDATIONS)



- 5-8 months per year dedicated to golf
- 20-30 weeks; includes golf-specific training/practice and tournament play
  - 10-20 hours per week
  - 2-4 hours per session
- Minimum of 12 weeks off from golf (do not need to be consecutive)
- Weeks off from golf provide the possibility to play a second sport
  - 60:40 training-to-competition ratio
- Detailed data and technology-use to gather performance feedback and set goals

## ✖ THINGS TO AVOID

- Up to 12 months per year dedicated to golf
- Having the same practice plan for the entire year
- Less than 25% of weeks devoted to training and skill development
- Taking three or less weeks off from golf
- No plan with coaches
- No data gathering
- Not having goals to work toward

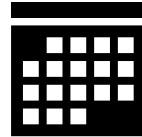
“Many junior golfers play too many tournaments and don’t spend enough time on intentional training, but thriving long-term comes from a more balanced approach.”

- Dr. Beth Brown

*Senior Athlete Development Specialist,  
USNDP*



# Three Categories of Planning Guidelines



**Tournament Scheduling**



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# In the last year, how many multi-day golf tournaments did you participate in?



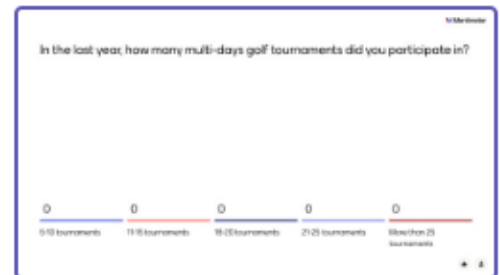
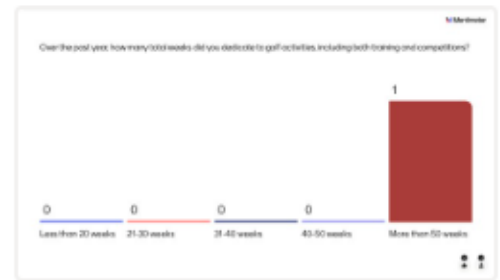
## Menti

Peak Performance Plan...



### Choose a slide to present

Why would an elite junior golfer create an annual plan for the year?



# Tournament Scheduling:

## ★ PLAN A (TOP RECOMMENDATIONS)



- 8-12 multi-round tournaments per year
- Focus on local and regionally appropriate events
- Maximum of three consecutive competitive weeks of multi-round tournaments
- Identify 5-6 tournaments to prioritize ("majors")
- Have a back-up plan for not qualifying for a "major"

## ✖ THINGS TO AVOID

- Over 20 multi-round tournaments per year
- Playing as many as eight or more consecutive multi-round tournaments per year
- Considering every tournament to be a "major"
- Considering travel days as recovery days
- Having no back-up plan



**SMYLIE KAUFMAN**



**JESSICA KORDA**

“Skipping tournaments can be hard,  
but it’s essential to take time to work  
on your game, rest your mind, and let  
your body recover.”

- Chris Zambri  
*Head Coach,  
USNDP*



# Three Categories of Planning Guidelines



Physical Training





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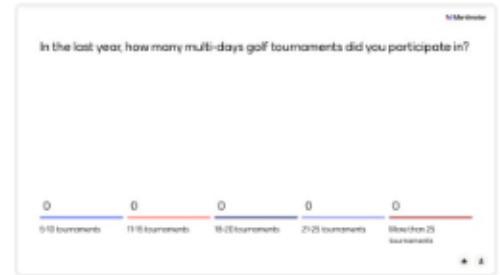
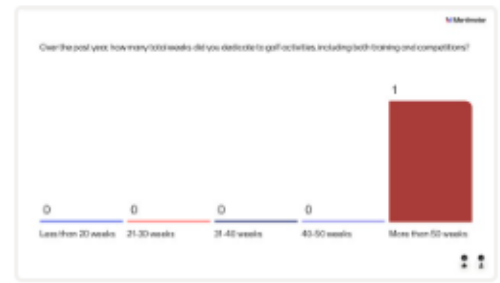


How many hours per week do you participate in physical training? (e.g., mobility, stability & strength, power, etc.)



### Choose a slide to present

Why would an elite junior golfer create an annual plan for the year?



# Physical Training:

## ★ PLAN A (TOP RECOMMENDATIONS)



- Year-round with intentional rest and recovery
  - 6-12 hours per week
  - 1-2 hours per session

## ✘ THINGS TO AVOID

- Random training schedule with no planned rest and recovery



“Elite golfers master the art of developing a schedule that balances practice, play, workouts, rest, and fun. When your body is fatigued and can’t perform at its peak, the effort you’ve invested in your game won’t reflect in your results.”

- Dr. Harry Sese

High Performance Coach,  
USNDP

# Let's Chat!

Which one of the three categories (i.e., Practice Planning, Tournament Scheduling, Physical Training) are you best at?

Which one of the three categories (i.e., Practice Planning, Tournament Scheduling, Physical Training) do you need to improve?



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	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)	Intentional Recovery	Intentional Recovery
12												
14												
16												
18	Other Activities	Competition	Competition	Competition	Competition	Competition	Competition	Competition	Competition	Other Activities	Other Activities	Other Activities
20												
22												
24												
26	Competition	Competition	Competition	Competition	Competition	Competition	Competition	Competition	Competition	Other Activities	Other Activities	Other Activities
28												
30												

<b>SEASONS:</b>	<b>SPRING TRAINING SEASON</b>	<b>PEAK COMPETITION SEASON</b>	<b>FALL SEASON</b>	<b>RECOVERY &amp; REVIEW</b>
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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		Training (Golf Specific)	Training (Golf Specific)	Training (Golf Specific)	Training (Golf Specific)	Training (Golf Specific)	Training (Golf Specific)	Training (Golf Specific)	Training (Golf Specific)			
6										Competition	Competition	Competition
8					Other Activities	Competition	Competition	Competition	Competition			
10	Competition									Competition	Competition	Competition
12		Competition	Competition	Competition	Competition	Competition						
14	Competition						Competition	Competition	Competition	Competition		
16		Competition	Competition	Competition	Competition	Competition						
18	Competition						Competition	Competition	Competition	Competition		
20		Competition	Competition	Competition	Competition	Competition						
22	Competition						Competition	Competition	Competition	Competition		
24		Competition	Competition	Competition	Competition	Competition						
26	Competition						Competition	Competition	Competition	Competition		
28		Competition	Competition	Competition	Competition	Competition						
30	Competition						Competition	Competition	Competition	Competition		

<b>SEASONS:</b>	<b>SPRING TRAINING SEASON</b>	<b>PEAK COMPETITION SEASON</b>	<b>FALL SEASON</b>	<b>RECOVERY &amp; REVIEW</b>
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**Summary:**

<b>Tournament Days</b>	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
<b>Training Days - Total</b>	<b>8</b>	<b>22</b>	<b>18</b>	<b>13</b>	<b>8</b>	<b>9</b>	<b>13</b>	<b>18</b>	<b>22</b>	<b>8</b>	<b>1</b>	<b>1</b>
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
<b>Total Days (per month)</b>	28	31	30	31	30	31	31	30	31	30	31	31
<b>Schedule (per month)</b>	28	31	30	31	30	31	31	30	31	30	31	31
<b>Difference (per month)</b>	0	0	0	0	0	0	0	0	0	0	0	0



Days (per month)	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan
2												
4												
6												
8												
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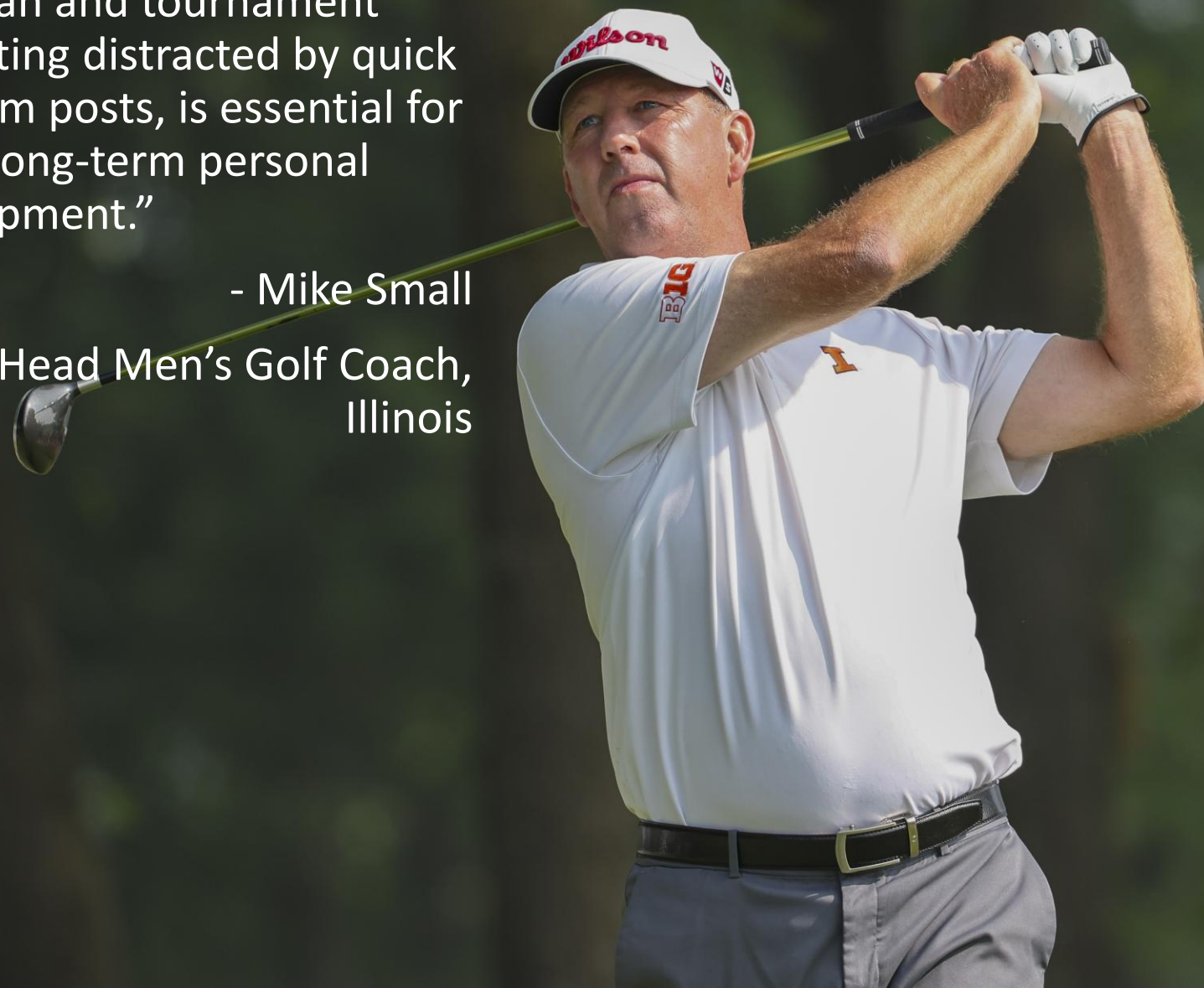
<b>SEASONS:</b>	<b>SPRING TRAINING SEASON</b>			<b>PEAK COMPETITION SEASON</b>			<b>FALL SEASON</b>			<b>RECOVERY &amp; REVIEW</b>		
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<b>Summary:</b>												
<b>Tournament Days</b>												
# of Tournaments												
Practice Days - Golf												
Training Days - Physical												
<b>Training Days - Total</b>												
Intentional Recovery												
Activities / Second Sport?												
<b>Total Days (per month)</b>	28	31	30	31	30	31	31	30	31	30	31	31
<b>Schedule (per month)</b>												
<b>Difference (per month)</b>												



“Having the conviction and discipline to stick to your training plan and tournament schedule, without getting distracted by quick fixes or flashy Instagram posts, is essential for solid and steady, long-term personal development.”

- Mike Small  
Head Men's Golf Coach,  
Illinois



# KEY TAKEAWAYS

- **Plan your annual training and competition for peak performance.**
- **Top players schedule intentional recovery time, not just tournaments.**



**THANK YOU!**



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