



Your Driver Speed	
Before	
After	
Total Gain	

LEVEL 4				
POSITION		LIGHT	MEDIUM	HEAVY
1	NORMAL	5 EACH SIDE	5 EACH SIDE	5 EACH SIDE
2	HEEL-STOMP	5 EACH SIDE	5 EACH SIDE	5 EACH SIDE
3	DOUBLE-STEP	5 EACH SIDE	5 EACH SIDE	5 EACH SIDE
4	NORMAL	3 DOMINANT		

Record the you fastest standing swing with each club on your dominant and non dominant side.

Week	Max Green	Max Blue	Max Red
WEEK 1 SESSION 1			
WEEK 1 SESSION 2			
WEEK 1 SESSION 3			
WEEK 2 SESSION 1			
WEEK 2 SESSION 2			
WEEK 2 SESSION 3			
WEEK 3 SESSION 1			
WEEK 3 SESSION 2			
WEEK 3 SESSION 3			
WEEK 4 SESSION 1			
WEEK 4 SESSION 2			
WEEK 4 SESSION 3			
WEEK 5 SESSION 1			
WEEK 5 SESSION 2			
WEEK 5 SESSION 3			

Week	Max Green	Max Blue	Max Red
WEEK 6 SESSION 1			
WEEK 6 SESSION 2			
WEEK 6 SESSION 3			
WEEK 7 SESSION 1			
WEEK 7 SESSION 2			
WEEK 7 SESSION 3			
WEEK 8 SESSION 1			
WEEK 8 SESSION 2			
WEEK 8 SESSION 3			
WEEK 9 SESSION 1			
WEEK 9 SESSION 2			
WEEK 9 SESSION 3			
WEEK 10 SESSION 1			
WEEK 10 SESSION 2			
WEEK 10 SESSION 3			
WEEK 11 SESSION 1			
WEEK 11 SESSION 2			
WEEK 11 SESSION 3			
WEEK 12 SESSION 1			
WEEK 12 SESSION 2			
WEEK 12 SESSION 3			
WEEK 13 SESSION 1			
WEEK 13 SESSION 2			
WEEK 13 SESSION 3			
WEEK 14 SESSION 1			
WEEK 14 SESSION 2			
WEEK 14 SESSION 3			

Week	Max Green	Max Blue	Max Red
WEEK 15 SESSION 1			
WEEK 15 SESSION 2			
WEEK 15 SESSION 3			
WEEK 16 SESSION 1			
WEEK 16 SESSION 2			
WEEK 16 SESSION 3			
WEEK 17 SESSION 1			
WEEK 17 SESSION 2			
WEEK 17 SESSION 3			
WEEK 18 SESSION 1			
WEEK 18 SESSION 2			
WEEK 18 SESSION 3			
WEEK 19 SESSION 1			
WEEK 19 SESSION 2			
WEEK 19 SESSION 3			
WEEK 20 SESSION 1			
WEEK 20 SESSION 2			
WEEK 20 SESSION 3			
WEEK 21 SESSION 1			
WEEK 21 SESSION 2			
WEEK 21 SESSION 3			
WEEK 22 SESSION 1			
WEEK 22 SESSION 2			
WEEK 22 SESSION 3			
WEEK 23 SESSION 1			
WEEK 23 SESSION 2			
WEEK 23 SESSION 3			
WEEK 24 SESSION 1			
WEEK 24 SESSION 2			
WEEK 24 SESSION 3			