



Winter Golf 4-week Training Program with Chelsea Soda

The Mach 3 Golf Speed Training Program is a speed training protocol that has produced average clubhead speed gains of 11.5 mph for golfers of all ages and abilities. The training tools are unique. Mach 3 requires no exercise machines and is adaptable to any age group. At Mach 3 creator Michael Romatowski's home base in San Antonio, Texas, the largest age group population in the program is golfers between the ages of 50 and 69. On the whole, his program embraces golfers aged 8 to 72.

Participants will...

- Learn and understand Mach 3's key concept of "Speed Out in Front"
- Discover why using dynamic, oscillating, variable resistance is the best way to train for speed
- Find out why golfers of all ages can use the same workout protocol to gain clubhead speed
- Make the connection between "fatigue management" and optimal results
- Follow Mach 3 protocols throughout the year to enhance their golf performance

Characteristics of a Mach 3 program...

- Promotes equal participation of men, women, and juniors
- Is applicable to golfers of all ages and playing abilities
- Is based on workouts that are fun, non-exhausting, safe, and athletic in nature
- Can be held indoors or outdoors
- Gives golfers a way to train for golf without "bulking up" and using natural golf body motions

Mach 3 Speed Training studies show participants who complete training once a week gain on average 6 mph of swing speed. Participants who trained twice a week gained 9 mph of swing speed, and average gains participating 3 times per week gained 14 mph of swing speed.

A typical session consists of:

- TPI Evaluation
- Tethata warm-up
- Speed circuit training with Mach3 speed tools
- Hitting focused golf shots

Course Plan:

1st week:

- TPI Screening (10 minutes)
- Hit some golf balls (10 minutes)
- Measure clubhead speed (5 minutes)
- Introduce Tethata warm up (15 minutes)
- Introduce ropes and methods/swing evaluation (20 minutes)
- (Email exercises to improve mobility and strength that evening)

2nd & 3rd week:

- Tethata Golf Warm-up (10 minutes)
- Measure swing speed (5 minutes)
- Mach 3 circuit (15 minutes)
- Measure club speed
- Swing Evaluations (~30 minutes)

4th week:

- Tethata Golf Warm up (10 minutes)
- Measure swing speed/hit balls (5 minutes)
- Mach 3 circuit (15 minutes)
- Record speed
- TPI Screening (10 minutes)
- Swing evaluation (20 minutes)



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