

Train For Golf Like an Olympian: Preparation Secrets and Practice Habits of Golf's Greatest Champions

By Colby Huffman, Gary Gilchrist

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"Beginning in my years as a junior golfer, Gary has always had the ability to bring out the best in my game. In this book Gary and Colby explain the foundation of my training that all serious golfers can use."

—Morgan Hoffmann, PGA Tour, former number-one-ranked amateur in the world, former number-one-ranked NCAA Division-1 ranked collegiate player

"Gary Gilchrist has been my coach since I was 17. He has always encouraged me to reach my full potential and goals as a junior and a professional. He has coached me to improve in every area of my game. In Train for Golf Like an Olympian, Gary Gilchrist and Colby Huffman have detailed the basic blueprint of how I practice which is one of the main keys for preparing to win majors."

—Shanshan Feng, LPGA Major Champion, reached top five Official World Golf Ranking

With more and more of golf's major champions preparing the same way as Olympians prepare in other sports, have you ever thought about how they actually work on the different aspects of their games? Or have you ever wondered how often you should practice different elements of your game? Have you ever thought about how often major champions utilize video analysis and

work on swing shape relative to ball flight, distance control, and feel drills? Similarly, have you ever wondered how many rounds major champions play between tournaments or how often they do preshot routines and what they think about? We will answer these questions and more in Train for Golf like an Olympian, so you can bring your A game to the first tee.

This is your access to an authentic look at the training insights and practice secrets of top-ranked players at all levels, including major champions. This book provides a detailed blueprint that has been laboriously researched, tested, utilized, and proven over the past two decades. It presents the best training plans covering all aspects of the game ever assembled in the world of golf. You will get the latest game-changing information on: technique, mind-sets, tournament plans, training schedules, short game, evaluations, goal setting, and peak performances. Gilchrist and Huffman convey the training knowledge they have shared with the top players in the game of golf. Now this unprecedented inside look at top players' training regimens is finally available for you to apply.

The twenty-five-day golf challenge at the end of the book provides a clear, long-term plan for peak performances. Plus, by applying the information in this book, you can develop the skill of making your own world-class training schedule.

This book is written utilizing a neutral format—neutral in technique and neutral in the training foundation. Neutral in technique means within the parameters of acceptability based on body types. Not too steep, not too flat—neutral. Not too long, not too short—neutral. Hands not too far forward, hands not too far back—neutral. And so on. Neutral in terms of the training foundation refers to the neutral midpoint between being overly technical and completely neglecting technique. This neutral foundation is based on a concept that regards personality types, swing types, and even body types; some need more work on technique and some need more work on distance control and feel. Plus some individuals' stats show they need more work on chipping, putting, or shot shaping, for instance. You will see that it's OK to vary, but it is important to be cautious of venturing too far from neutral training.

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Editorial Review

About the Author
Gary Gilchrist

Golf Digest Top 50 in America

Golf Magazine Top 100 in America

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Simply put, Gary Gilchrist is synonymous with junior golf. In a coaching career that spans more than twenty years, Gilchrist has been responsible for recruiting, training, and developing more top-ranked junior-level golfers than any other coach in the business.

...

Colby Huffman

Colby Huffman's students have won more than sixty-five national and international championships under his guidance. He was named Indiana's youngest ever PGA Teacher of the Year in 2012 and has been honored with recognition by Golf Digest in its selection of "Best Teachers State by State 2013+2014." He has also written articles for numerous publications, including "Teaching Teachers," featured in PGA Magazine.

Colby served as a lead instructor for the Hank Haney IJGA from 2007 to 2009. Prior to that he worked with Gary Gilchrist at the IJGA (as Director of Training) as well as at the David Leadbetter Golf Academy. He was a featured coach on the Golf Channel's School of Golf in 2009 and is the only coach to have developed two Byron Nelson International Junior Golf Award recipients in the same year (2008). Both students were his full-time academy boarding students.

A four-time Academic All-Big Ten student-athlete at Purdue University, Colby studied kinesiology and biomechanics before also earning a master's degree from Purdue in 2001.

Following his time in college, Huffman spent time playing professionally on various mini-tours, where he competed against many of today's PGA Tour members.

Colby is currently completing his PhD, specializing in sport psychology, and is also the author of Improve Your Game in 21 Days, which also hit number one on Amazon's Hot New Releases in Golf and Sport Psychology lists.

In addition to being the US patent holder of the Hank Haney Swing Band, Huffman is a PGA Class-A member, a certified TPI (Titleist Performance Institute) golf fitness instructor, and a certified club fitter and has obtained credentials as a an Applied Association of Sport Psychology (AASP) Certified Consultant. Colby is the only PGA Teacher of the Year from any PGA section in the nation who is also designated as a Certified Consultant by AASP, the international professional organization of sport and exercise psychology.

YouTube search "Colby Huffman Golf Instructor PGA Pro" for a video of Colby's highlights.

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Angela Heller:

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John McKeever:

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Debra McGregor:

Is it an individual who having spare time in that case spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something new? This Train For Golf Like an Olympian: Preparation Secrets and Practice Habits of Golf’s Greatest Champions can be the solution, oh how comes? It's a book you know. You are consequently out of date, spending your spare time by reading in this brand new era is common not a geek activity. So what these ebooks have than the others?

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