



RawSpeed Training Instructions

Do's and Don'ts

Get the most out of your training by doing so in a controlled manner to ensure the safety of yourself and others.

Please take the time to read and fully understand the DO's and DON'Ts below to ensure best practices for using the RawSpeed equipment.

If have any questions, please contact us.

Email: info@rawspeedgolf.com

Website: www.rawspeedgolf.com

Do's

- ▶ DO swing speed training outside in an open space or at the range.
- ▶ DO make sure there is no person(s) in either direction of your swing path.
- ▶ DO use the weights in the correct order as specified for each weekly protocol.
- ▶ DO ensure that the weight is properly fitted prior to each drill exercise.
- ▶ DO swing fast through the impact area with good tempo and balance.
- ▶ DO follow the correct kinematic sequence so you can use the ground for more speed.
- ▶ DO remove the weight from the club at the end of each training session.

Don'ts

- ▶ DO NOT use or practice swing speed drills in doors or crowded areas.
- ▶ DO NOT perform swing speed drills in the vicinity of other people.
- ▶ DO NOT use the heaviest weight at your first time of using the training aid.
- ▶ DO NOT allow the weight to be loose either before or during a drill exercise.
- ▶ DO NOT swing vigorously so that you are off balance or out of sync.
- ▶ DO NOT hit the ground with the swing speed club or try to hit a golf ball.
- ▶ DO NOT continue if you feel any pain or discomfort when swinging the club.

RawSpeed Training Programme

The RawSpeed training programme consists of a series of weekly drills to help you build your speed and gain your potential. For the best results you will need to do each of the drills for the weekly cycles three times per week.

When doing each drill be mindful of your surroundings and be certain that no one is standing in the direction of the path you are swinging. Always check the tightness of the weight after each drill and remove at the end of the session to be ready for next time.

We want you to get the most out of your training by doing so in a controlled manner to ensure the safety of yourself and others. Please take the time to read the DO's and DON'Ts before starting your training.

Weeks 1-2		
Golf swing with 100g weight	4 reps standard swing and opposite	4 sets
Golf swing and step with 100g weight	4 reps standard swing and opposite	4 sets
Golf swing with 100g weight	5 reps standard swing	1 set
Weeks 3-4		
Golf swing with 150g weight	4 reps standard swing and opposite	4 sets
Golf swing and step with 150g weight	4 reps standard swing and opposite	4 sets
Golf swing with 100g weight	5 reps standard swing	1 set
Weeks 5-6		
Golf swing with 200g weight	4 reps standard swing and opposite	4 sets
Golf swing and step with 200g weight	4 reps standard swing and opposite	4 sets
Golf swing with 100g weight	5 reps standard swing	1 set
Weeks 7-8		
Golf swing with 100g weight	3 reps standard swing and opposite	3 sets
Golf swing and step with 100g weight	3 reps standard swing and opposite	3 sets
Golf swing with 150g weight	3 reps standard swing and opposite	3 sets
Golf swing and step with 150g weight	3 reps standard swing and opposite	3 sets
Golf swing with 200g weight	3 reps standard swing and opposite	3 sets
Golf swing and step with 200g weight	3 reps standard swing and opposite	3 sets
Golf swing with 100g weight	5 reps standard swing	1 set