

### **Golf Power Sound Bites**

Golf is a “power” sport:-

You will produce 4 horse-power in the space of 1.8 seconds on driving the ball.

When just thinking about a shot, the brain consumes enough energy to power a 10 watt bulb, actually performing the shot, the muscles consume enough energy to power fifteen 60 watt bulbs.

Club head speeds are approaching 140 mph in the pro ranks, but so far the body can keep up with this...the sensory nerves from hand to brain are some of the bodies fastest, with impulses travelling at 240 mph...we have a way to go yet.

The saying goes “train fast to be fast”. We can learn from other sports by incorporating fast-hand martial arts patterns, pliometric athletics throwing exercises, and even fast-feet football drills into our golf conditioning.

In amateurs some muscle groups will reach 90% of their peak activity output during long game play. These muscles will begin to fatigue after only 6 repeated drives, leading to compensations and technical breakdown....not what you want to practice! Down the range hit your long shots in clumps of no more than 6, then scale down for a few hits.

All this talk of power is so macho...but just remember that statistically one of the world’s top golfers right now is 5ft 6 inches tall, 9 ½ stone and driving averages 271.6 yards...her names Annika. And for the record, she’s pursuing her black belt in Karate. Nuff said.

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