



TATHATA GOLF™

90 Day Schedule *Relaxed Pace*



| Choose Your Start Day ↓ | | Chapter 1 - Body & Stretching | | | | | |
|-------------------------|--------|-------------------------------|--------------------------------|-------------------------------|----------------------------------|----------|--------|
| WK | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1 | Day 1 | Day 2 | - | Day 3 | Day 4 | - | - |
| WK | | | | | | | |
| 2 | Day 5 | Day 6 | - | Day 7 | Day 8 | Day 9 | - |
| | | | | Chapter 2 - Hands & Arms | | | |
| WK | | | | | | | |
| 3 | Day 10 | Day 11 | - | Day 12 | Day 13 | Day 14 | - |
| WK | | | | | | | |
| 4 | Day 15 | Day 16 | - | Day 17 | Day 18 | - | - |
| | | | | Chapter 3 - Pressure & Impact | | | |
| WK | | | | | | | |
| 5 | Day 19 | Day 20 | - | Day 21 | Day 22 | Day 23 | - |
| WK | | | | | | | |
| 6 | Day 24 | Day 25 | - | Day 26 | Day 27 | Day 28 | - |
| | | | | Chapter 4 - Speed & Strength | | | |
| WK | | | | | | | |
| 7 | Day 29 | Day 30 | - | Day 31 | Day 32 | - | - |
| WK | | | | | | | |
| 8 | Day 33 | Day 34 | - | Day 35 | Day 36 | Day 37 | - |
| | | | | | Chapter 5 - Short Game & Putting | | |
| WK | | | | | | | |
| 9 | Day 38 | Day 39 | - | Day 40 | Day 41 | Day 42 | - |
| WK | | | | | | | |
| 10 | Day 43 | Day 44 | - | Day 45 | Day 46 | - | - |
| WK | | | | | | | |
| 11 | Day 47 | Day 48 | - | Day 49 | Day 50 | Day 51 | - |
| | | | Chapter 6 - Shape & Trajectory | | | | |
| WK | | | | | | | |
| 12 | Day 52 | Day 53 | - | Day 54 | Day 55 | - | - |
| WK | | | | | | | |
| 13 | Day 56 | Day 57 | - | Day 58 | Day 59 | Day 60 | - |