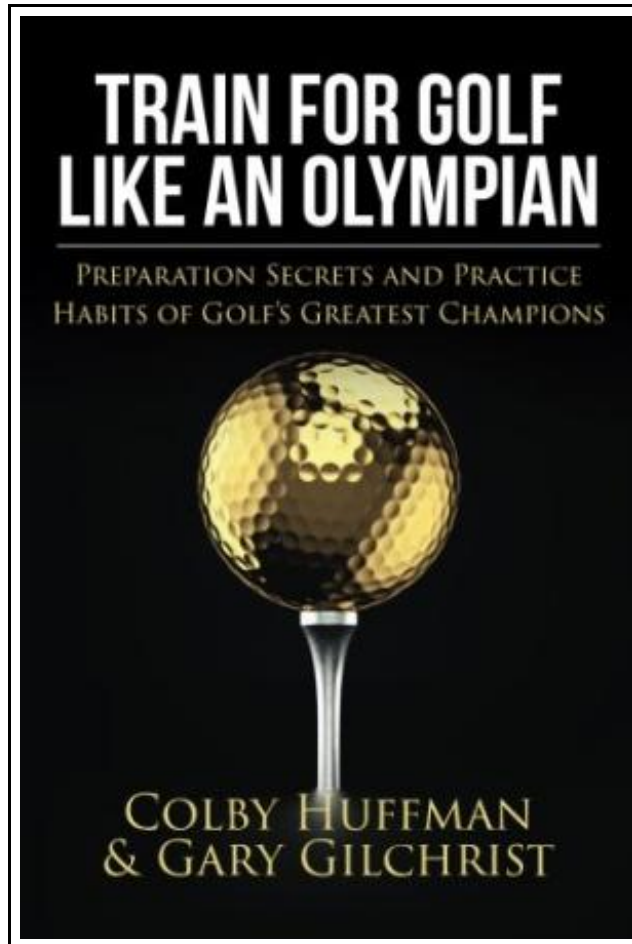


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Reviews




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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.e-Book Highlights: #1 AMAZON HOT NEW RELEASES GOLF LIST #1 AMAZON BEST SELLER GOLF LIST #1 AMAZON BEST SELLER SPORT PSYCHOLOGY LIST . World Class Testimonials and Endorsements: 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...

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