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| Intelligent Practice Session | | | | | | |
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| Warm Up + Stretch | | | | | | |
| Wedges | | | | | | |
| 3x Chips 10 Yards | | | | | | |
| 3x Chips 30 Yards | | | | | | |
| 3x Half Shots 50-60 Yards | | | | | | |
| 3x Full Wedge Shots 70-100 Yard | | | | | | |
| Irons | | | | | | |
| 3x 8 Irons | | | | | | |
| 3x 6 Irons | | | | | | |
| 3x 4 irons | | | | | | |
| Woods | | | | | | |
| 3 x Hybrid / 5 Wood | | | | | | |
| 3x 3 Wood | | | | | | |
| 3x Driver | | | | | | |
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| Notes: | | | | | | |
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