

STRENVIO ORIGINALS · PRACTICE PLAN

Project 89

Break 90 Practice Plan (6 Weeks, 3 Sessions a Week)

Cut your double bogeys or worse by a third compared with your rounds in week 1, pass the short-game and range drills at Normal, and post a round of 89 or better.

High handicap (20+) | 6 weeks · 3 sessions a week | 57–85 min a session

INSIDE

The plan at a glance · How to use it and the warm-ups · The drills · 6 week pages with a box for every result · Your week 1 against week 6 review

THE PLAN AT A GLANCE

Project 89

To break 90 you do not need birdies. On a par-72 course, a bogey on every hole is 90, so one par is enough. What keeps scores above 90 is double bogeys: three-putts, chips that stay off the green, a second shot from the bunker and tee shots out of play. This plan trains those four over six weeks with three sessions a week: one short-game session, one range session and one round with a drill you play on the course.

Who it's for

- Golfers who shoot in the 90s and want to break 90.
- Golfers who lose most strokes to double bogeys rather than to bogeys.
- Anyone who plays at least one round a week and can practise twice more.

The problem

Scores in the 90s rarely come from bad bogeys. They come from four or five holes a round where one mistake turns into two: a three-putt, a chip that stays off the green, a second shot from the bunker, a tee shot out of play, or a hero shot after a bad one. Practising full swings at the range does not touch most of them.

The goal

Cut your double bogeys or worse by a third compared with your rounds in week 1, pass the short-game and range drills at Normal, and post a round of 89 or better.

Before you start

6 weeks · 3 sessions a week, 57–85 min a session with the warm-ups. You commit to:

- Two practice sessions a week: short game 60 to 85 minutes, range about 60 minutes, warm-ups included.
- One round a week, 9 or 18 holes. It is the third session of every week.
- A practice area with a putting green, a chipping green with a bunker, and a range with distance flags.
- Count your double bogeys or worse, and what caused each one, in every round of the plan.

How to measure your progress

- Count double bogeys or worse in every round during the plan, not only your score. That number has to come down before 90 does.
- Compare week 1 and week 6 on the range. More shots inside the corridor means fewer tee shots out of play.
- Write down your Par 18 score in week 5 and play it again a month after the plan.

Your start

NAME

START DATE

HANDICAP OR AVERAGE SCORE AT THE START

AT THE END OF THE PLAN

HOW TO USE THIS PLAN

Practise like it counts

1 Plan the session before you start
Read the week's goal and the session on your phone or the printout before you leave home, and pack what the drills need: tees, alignment sticks, a towel and enough balls.

2 Warm up before every station
Give every station about 10 minutes before its first scored drill, including the putting green. Nobody should putt for score straight from the car.

3 Short game first, always in the same order
Putting, then chipping and bunker, then approach shots, then the tee. Do not jump back and forth: the order is what makes your scores comparable from week to week.

4 One ball, one target, one routine
Keep the bucket a few steps behind you and walk back for every ball. Pick a target and go through your routine on every scored shot, as you would on the course.

5 Write down every score
A drill without a score is just hitting balls. Write each result in the Your result box or record it in the Strenvio app.

6 Move up only when you pass
Pass a drill before you play it at the next level. If you miss the target twice, stay at that level for another week; the plan still works.

7 End with a short review
Two lines after each session: what got better, and what to watch next time.

The warm-ups, 10 minutes before each station

Putting warm-up

1. Loosen your shoulders, wrists and back for a minute before you pick up the putter.
2. Roll short putts to a tee from 3 ft until the ball starts on line.
3. Finish with long putts to the fringe, for pace only. Nothing is scored.

Chipping warm-up

1. Easy chips with one club to a big target, just to feel the contact and the bounce.
2. Pick a landing spot and chip to it with two clubs; watch how far each one runs out.
3. Nothing is scored. Move on when the strike feels clean.

Bunker warm-up

1. A few practice swings that splash a line in the sand, without a ball.
2. Then balls to a big target on the green: out first, close later.
3. Nothing is scored. Rake the bunker before the drill.

Full-swing warm-up

1. Two minutes of mobility: hips, shoulders and back, then a few slow swings holding two clubs.
2. Half swings with a wedge, then a 9-iron and a mid-iron at 70–80 % speed.
3. Build to full speed over the last few balls. Nothing is scored.

Driver warm-up

1. Coming straight from the irons? You are already warm: go to the next step. Otherwise, two minutes of mobility and a few half swings with a mid-iron.
2. A hybrid or fairway wood at 70–80 % speed, then three drivers at an easy pace.
3. Pick a target for every ball. Nothing is scored.

THE DRILLS

The drills in this plan

What each drill trains and why it is in the plan. Every drill name links to its page with the full setup and the targets for every level.

No More 3 Putts!
Putting · 5 min · Premium in the app

No More 3 Putts! is a lag-putting drill for every level. You putt from 20 ft or more and try to finish each hole in two putts or fewer.
A three-putt turns a bogey into a double bogey. This drill trains the long first putt that prevents it.

Ladder Drill
Putting · 5 min

The Ladder Drill is a speed-control putting drill for beginners. You putt once from each tee in a line, so every putt has a new distance.
Speed control on the green in five minutes.

Line in the Sand (Chipping)
Chipping · 15 min · Premium in the app

Line in the Sand (Chipping) is a contact drill for beginners. A line on the grass shows whether each chip is clean, fat or thin.
Fixes heavy and thin chips, the shots that leave you chipping again.

Line in the Sand
Bunker · 15 min

Line in the Sand is a bunker drill for beginners. You draw a line in the sand just behind the ball and train the club to enter the sand exactly on that line.
Gets the ball out of the bunker on the first try by training where the club enters the sand.

Iron Dispersion
Approach · 8 min

Iron Dispersion is an approach drill for every level. You hit 15 irons to three targets and note whether each ball finishes in the corridor, left or right.
Shows which side your iron shots miss on, so you can aim away from trouble.

Approach Distance Control
Approach · 20 min · Premium in the app

Approach Distance Control is an approach drill for every level. You hit two shots to each of five flags and score each ball by how close it stops.
Two shots to each of five flags at different distances, scored by how close they stop.

Driver Dispersion
Off the Tee · 6 min

Driver Dispersion is a driving drill for every level. You hit 10 drives into a corridor and note whether each ball is inside, left or right.
How often your driver stays in a corridor, and which side it misses on.

Fairway Accuracy
Off the Tee · 8 min · Premium in the app

Fairway Accuracy is a driving drill for your fairway hit rate. You hit 15 tee shots into a corridor on the range and note on which side you miss.
Your fairway hit rate over 15 tee shots, which tells you when to leave the driver in the bag.

No Hero Shot Challenge
Course Management · a round · Premium in the app

No Hero Shot Challenge is an on-course drill against risky recovery shots. After a poor shot, you choose a recovery that works at least 7 times out of 10.
After a bad shot, you choose a recovery that works at least 7 times out of 10. This is how one bad shot stops becoming a triple bogey.

Chipping 5 m Ladder
Chipping · 12 min

Chipping 5 m Ladder is a chipping drill for intermediate golfers. You record contact, landing and finish on every ball to see why a chip went wrong.
Records strike, landing spot and finish on every chip, so you see whether contact or distance leaves you off the green.

Pre-Shot Routine Scorecard
Course Management · a round · Premium in the app

Pre-Shot Routine Scorecard is an on-course mental drill. You score your routine on every hole as complete, partial or skipped, not your strokes.
Scores your routine on every hole, not your strokes. A steady routine keeps decisions clear after a bad hole.

Fairway Decision Ladder

Course Management · 15 min · Premium in the app

Fairway Decision Ladder is a drill for choosing between driver and a safer club. You hit both into three corridors and compare their fairway rates.

Driver against a safer club in narrowing corridors: it tells you which club keeps the ball in play on tight holes.

Three Lies

Bunker · 15 min

Three Lies is a bunker drill for intermediate players. You play from a good lie, a half-buried lie and a fried egg to learn how each lie changes the shot.

Good lie, half buried and fried egg: the bunker shots that turn a bogey into a double.

Carry or Lay-Up Challenge

Course Management · 6 min · Premium in the app

Carry or Lay-Up Challenge is a course-management drill for advanced golfers. You decide to carry a hazard or lay up, then compare the choice with the result.

Ten carry-or-lay-up decisions based on your real carry distance, before the swing.

Par 18 (On-Course Simulation)

Course Management · 45 min

Par 18 is a short-game game for every level. You play nine par-2 holes around the practice green and count every stroke until the ball is in the hole.

Nine par-2 holes around the practice green. It shows how often you get up and down.

DRILL CARDS

Setup and scoring

Every drill at every level this plan uses, with the games you play at it. The week pages point to these cards by number.

How scoring works

- The level sets the drill: the distances, the targets and how many balls. Every drill row links to the setup of its level.
- The scoring option sets the game: what each ball is worth and the pass mark. The plan picks one for every drill, from Classic (in or out) to the strict ones where a short or fat shot costs a point.
- Write down every ball, add up the points and compare with the pass mark. A few drills count differently, such as your longest run or your strokes; their rule says so.
- The Strenvio app scores the same games and adds bonus points for farther stations and streaks. The pass marks here use the base points, so pass or fail is the same on paper and in the app.

1 No More 3 Putts! Premium in the app ● Easy

Putting · 5 min

Pick any hole at least 20 ft away. Drop the ball and try to finish in 2 putts.
Focus on getting your lag putt close enough to leave a tap-in. Speed is everything — leave it short and the second putt is tough; roll it too far and you may face a comeback.

Goal: Play 5 holes and reach the pass score of the scoring option you chose.

Standard

Score every hole by putts: one putt 3 points, two putts 1 point, three or more −1. Add up all holes.

Pass mark: 3. Your score _____

2 Ladder Drill ● Easy

Putting · 5 min

Place 5 tees in a straight line toward the hole. Hit one putt from each tee, starting at the closest and moving back.
Use a smooth, relaxed stroke and keep your head still. These short distances reward good basics right away.

Goal: Putt once from every tee.

Classic · Holed +1 · Missed 0

Add up the points. Pass: 3 points or more. Your score _____

3 Line in the Sand (Chipping) Premium in the app Easy

Chipping · 15 min

Draw a straight line in the turf perpendicular to your target line. Place each ball just behind the line and chip to targets 3, 4, 5, 6, and 7 yd away, hitting 2 chips from each station.
Your only technical goal is to brush the turf on or just after the line. Use a simple bump-and-run club such as a 7-iron or 8-iron and make a small, balanced motion.

Goal: Make clean contact on 6 or more of your 10 chips to pass.

Classic · Clean contact +1 · Missed 0

Add up the points. Pass: 6 points or more. Your score _____

4 Line in the Sand Easy

Bunker · 15 min

Draw a line in the sand perpendicular to your target line, 2 in behind where you would place the ball. Make full bunker swings with the goal of entering the sand ON the line.
After each swing, read the divot: an entry behind the line is Before the Line, an entry on it is On the Line, and an entry past it (toward the ball) is After the Line. The line — not the ball — is your focus.

Goal: Enter the sand on the line on at least 5 of 15 swings to pass the Classic scoring option.

Classic · Before the line 0 · On the line +1 · After the line 0

Add up the points. Pass: 5 points or more. Your score _____

5 Iron Dispersion Easy

Approach · 8 min

On the range, choose three iron targets at 100 yd, 125 yd, and 150 yd. Hit 5 shots to each target. For every shot, record whether it finished inside a 30 yd corridor centred on the target line, missed left, or missed right.
At this level the corridor is intentionally generous. The goal is to learn your default iron pattern without chasing swing fixes after every shot. Use the same pre-shot routine, club selection process, and tempo for all 15 balls.

Goal: Finish 7 or more of 15 shots inside the 30 yd corridor to pass.

Classic · In the corridor +1 · Left 0 · Right 0

Add up the points. Pass: 7 points or more. Your score _____

6 Approach Distance Control Premium in the app Easy

Approach · 20 min

Place 5 targets at 70, 80, 90, 100, and 110 yd — one flag per distance. Hit 2 approach shots to each flag in sequence — 10 shots total. At these distances, a smooth, controlled swing with a centred strike will consistently produce better proximity than swinging harder. Pick a landing spot on the green, commit to it, and let the club do the work.

Goal: Land 6 or more of 10 approach shots within 30 ft of the flag to pass the drill.

Classic · Close to the flag +1 · Missed 0

Add up the points. Pass: 6 points or more. Your score _____

7 Driver Dispersion · Easy

Off the Tee · 6 min

On the range, select a target flagstick or landmark at a comfortable driver distance. Imagine a corridor 30 yd wide centred on your aim line — 15 yd either side. Tee up and hit 10 driver shots, recording each result as In Zone, Miss Left, or Miss Right.
At this level the corridor is generous — the goal is awareness, not perfection. Focus on a consistent setup: tee height, ball position, and tempo. Notice whether your misses favour one side — that is your most valuable data point from this session.

Goal: Land 4 or more of your 10 driver shots inside the 30-yd corridor to pass.

Classic · In the corridor +1 · Left 0 · Right 0

Add up the points. Pass: 4 points or more. Your score _____

8 Fairway Accuracy · Premium in the app · Easy

Off the Tee · 8 min

On the range, mark a fairway corridor 50 yd wide using two alignment sticks or towels placed at least 150 yd away. Hit 15 tee shots with your driver and record every result as Fairway, Miss Left, or Miss Right.
At the Easy tier the corridor is generous — the goal is awareness, not perfection. Focus on picking a small intermediate target just in front of the ball and aligning your clubface to it before every swing. Notice whether your misses favour one side: that pattern is your most valuable data point.

Goal: Land 4 or more of your 15 tee shots inside the 50-yard corridor to pass.

Classic · Fairway +1 · Left 0 · Right 0

Add up the points. Pass: 4 points or more. Your score _____

9 No Hero Shot Challenge · Premium in the app · Easy

Course Management · a round

After every shot that finishes in trouble (rough, trees, a bunker you can't attack, behind an obstacle), stop and ask: "Can I pull this shot off at least 7 times out of 10?" If yes, log it as a Safe Recovery once you play it. If you go for the low-percentage option anyway, log it as a Hero Shot Attempt. If either shot costs you a penalty stroke (out of bounds, unplayable, water), log that too.
At this level, the goal is simply to pause and ask the question before you swing — not to get every decision right.

Goal: Log at least one Safe Recovery during the round.

Classic · Safe recovery +1 · Hero shot 0 · Penalty stroke −1

Add up the points. Pass: 1 point or more. Your score _____

10 Chipping 5 m Ladder · Easy

Chipping · 12 min

Set stations at 5, 10, 15 and 20 yd. Hit five balls from one station before moving to the next. Mark a 33-ft radius for both landing and finish.

Goal: Ten landing successes pass the session.

Classic · In the ring +1 · Missed 0

Add up the points. Pass: 10 points or more. Your score _____

11 Pre-Shot Routine Scorecard

Premium in the app · Easy · Course Management · a round

Play 9 holes and use the same six-part process before every stroke: reset, assess, choose a target, visualise, rehearse and align, then commit. After each hole record one result for the process — complete, partial, or skipped. The ball flight does not affect the grade.

Goal: Complete the full routine on at least 6 of 9 holes.

Classic · Full routine +1 · Part of the routine 0 · Routine skipped 0

Add up the points. Pass: 6 points or more.

Your score _____

12 No More 3 Putts!

Premium in the app · Normal · Putting · 5 min

Pick any hole at least 20 ft away. Drop the ball and try to finish in 2 putts.
Vary your distances across attempts. Mix shorter lag putts (20–30 ft) with longer ones (30–50 ft) to build a complete lag game.

Goal: Play 7 holes and reach the pass score of the scoring option you chose.

Standard

Score every hole by putts: one putt 3 points, two putts 1 point, three or more −1. Add up all holes.

Pass mark: 3.

Your score _____

13 Ladder Drill

Normal · Putting · 5 min

Place 5 tees in a straight line toward the hole. Hit one putt from each tee, starting at the closest and moving back.
Speed control is key on the longer stations. Always try to roll the ball at least to the hole — putts that fall short have no chance.

Goal: Putt once from every tee.

Points (Premium in the app) · Holed +3 · Short −2 · Left −1 · Right −1

Add up the points. Pass: 9 points or more.

Your score _____

Never Short (Premium in the app) · Holed +1 · Short −1 · Missed 0

Add up the points. Pass: 3 points or more.

Your score _____

14 Line in the Sand (Chipping)

Premium in the app · Normal · Chipping · 15 min

Draw a straight line in the turf and chip to targets 5, 7, 9, 11, and 13 yd away. Hit 2 chips from each station, changing distance after every two balls.
Play from a normal fairway-height lie. The ball should be contacted first or brushed cleanly as the club reaches the line; heavy strikes before the line count as fat contact.

Goal: Make clean contact on 7 or more of your 10 chips to pass.

Points · Clean contact +3 · Fat −2 · Thin −1 · Missed 0

Add up the points. Pass: 15 points or more.

Your score _____

Clean Strike · Clean contact +1 · Fat −1 · Missed 0

Add up the points. Pass: 6 points or more.

Your score _____

15 Line in the Sand · Normal

Bunker · 15 min

Draw a line in the sand 2 in behind the ball. Take 15 full bunker shots with a ball in play, entering the sand on the line every time. Read the divot after each shot and record it as Before, On, or After the Line. As you improve, remove the drawn line and keep the same entry point by feel.

Goal: Enter the sand on the line on at least 8 of 15 swings to pass the Classic scoring option, and assess divot shape for quality.

Points (Premium in the app) · Before the line −1 · On the line +1 · After the line 0

Add up the points. Pass: 7 points or more. Your score _____

16 Iron Dispersion · Normal

Approach · 8 min

On the range, choose three iron targets at 125 yd, 150 yd, and 175 yd. Hit 5 shots to each target and record In Zone, Miss Left, or Miss Right. The target corridor is 24 yd wide — 12 yd either side of the target line.
Experienced players should treat the session as pattern discovery. Step away between balls, pick a precise target, and record the result honestly before making the next swing.

Goal: Finish 8 or more of 15 shots inside the 24 yd corridor to pass.

Points (Premium in the app) · In the corridor +2 · Left −1 · Right −1

Add up the points. Pass: 7 points or more. Your score _____

Direction (Premium in the app) · In the corridor +1 · Left −1 · Right −1

Add up the points. Pass: 1 point or more. Your score _____

17 Driver Dispersion · Normal

Off the Tee · 6 min

On the range, select a target at a comfortable driver distance. Imagine a corridor 25 yd wide centred on your aim line — 12.5 yd either side. Hit 10 driver shots and record each result.
Focus on identifying your miss pattern rather than just counting successes. Experienced players often discover their dispersion tilts consistently left or right due to a repeating path tendency — the drill makes that visible. Between shots, step back, reset your routine, and approach each ball fresh.

Goal: Land 5 or more of your 10 driver shots inside the 25-yd corridor to pass (50%).

Points (Premium in the app) · In the corridor +2 · Left −1 · Right −1

Add up the points. Pass: 4 points or more. Your score _____

Direction (Premium in the app) · In the corridor +1 · Left −1 · Right −1

Add up the points. Pass: −1 point or more. Your score _____

18 Fairway Accuracy

Premium in the app · Normal · Off the Tee · 8 min

On the range, mark a fairway corridor 40 yd wide at least 150 yd away. Hit 15 tee shots with your driver and record every result. This corridor mirrors the width of a typical tree-lined parkland fairway. A pattern of consecutive misses on the same side is diagnostic information, not bad luck — commit the direction to memory after every shot. Between shots, step away, reset your pre-shot routine, and pick a fresh start line before stepping back in.

Goal: Land 6 or more of your 15 tee shots inside the 40-yard corridor to pass (40%).

Points · Fairway +2 · Left −1 · Right −1

Add up the points. Pass: 5 points or more. Your score _____

19 Fairway Decision Ladder

Premium in the app · Normal · Course Management · 15 min

Mark three fairway corridors at 40, 35 and 25 yd wide. Hit five drivers and five shots with a safer tee club into each corridor — 30 shots total. Record each shot as a fairway or a miss left/right.
The 25 yd corridor is where the driver-versus-safer-club decision gets real: this is close to a standard club fairway. Commit to a target line and a specific shot shape before every ball, and watch whether the safer club actually tightens your dispersion enough to matter.

Goal: Reach 17 or more fairways to pass, then read the per-width comparison to see where — if anywhere — the safer club earns its keep.

Points · Fairway +2 · Left −1 · Right −1

Add up the points. Pass: 21 points or more. Your score _____

20 No Hero Shot Challenge

Premium in the app · Normal · Course Management · a round

After every poor shot, ask whether your intended recovery is a genuine 7-in-10 shot for you — not a shot you've pulled off once before. If it isn't, take the safer option: back to the fairway, under the branches instead of through the gap, short of the water instead of carrying it.
At this level, most of your recovery decisions in a round should be safe ones.

Goal: Log more Safe Recoveries than Hero Shot Attempts across the round, and keep resulting penalty strokes to a minimum.

Classic · Safe recovery +1 · Hero shot 0 · Penalty stroke −1

Add up the points. Pass: 2 points or more. Your score _____

Recovery Discipline · Safe recovery +2 · Hero shot −2 · Penalty stroke −3

Add up the points. Pass: 4 points or more. Your score _____

21 Three Lies ● Normal

Bunker · 15 min

Set one target flag in a greenside bunker practice area. Mark an outer circle 15 ft from the hole and an inner circle 5 ft from the hole. Place one ball on a good lie, one half buried, and one fried egg.
Play the three lies in sequence to the same flag and repeat for five rounds. Use the good lie to establish the landing spot, the half-buried lie to control a heavier splash, and the fried egg to practise steeper entry and enough speed to escape.

Goal: Score 15 or more Classic points to pass.

Every Shot Counts (Premium in the app) · Inner circle +2 · Outer circle 0 · Missed −1

Add up the points. Pass: 5 points or more. Your score _____

22 Approach Distance Control Premium in the app ● Normal

Approach · 20 min

Place 5 targets at 90, 100, 110, 120, and 130 yd — one flag per distance. Hit 2 approach shots to each flag — 10 shots total.
These distances represent the standard approach range for most amateur golfers. Pick an exact landing spot and commit to your shot shape before stepping in. Hesitation and over-swinging are the two most common causes of missed approaches at this distance.

Goal: Land 6 or more of 10 approach shots within 20 ft of the flag to pass.

Never Short · Close to the flag +1 · Short −1 · Missed 0

Add up the points. Pass: 5 points or more. Your score _____

Points · Close to the flag +3 · Short −2 · Long / Left / Right −1

Add up the points. Pass: 12 points or more. Your score _____

23 Carry or Lay-Up Challenge Premium in the app ● Normal

Course Management · 6 min

Treat each scenario like a course-management choice, not a distance contest. Record your real normal carry, the carry/lay-up decision, confidence, and the actual result from one ball.

Goal: Score 14 or better by matching the decision to your carry margin and avoiding overconfident penalty attempts.

Good Decision Rate · Right call: carried / Right call: laid up +2 · Committed miss, safe side +1 · Too careful 0 · Overconfident, penalty −2

Add up the points. Pass: 14 points or more. Your score _____

24 Par 18 (On-Course Simulation) ● Normal

Course Management · 45 min

Select 9 varied greenside positions around a practice green, including rough lies, sidehill slopes, and distances from 10–25 yards. On each 'hole', play 1 chip/pitch and hole out. Par-2 = chip plus 1 putt.
Record your total strokes across all 9 holes. This version simulates realistic mid-round scrambling decisions.

Goal: Complete 9 holes in 21 strokes or fewer (3-over par) to pass.

Standard Par 18

Count every stroke over the nine holes, chip and putts. Lower wins: the pass mark is the most strokes you may take.

Pass mark: 21. Your score _____

25 Pre-Shot Routine Scorecard

Premium in the app · Normal · Course Management · a round

Play 9 holes and protect the six-part routine before every stroke, including recovery shots and putts. Record one process result after each hole. A bad shot with a complete routine still counts as complete.

Goal: Complete the full routine on at least 7 of 9 holes without judging the scorecard by shot outcome.

Points · Full routine +2 · Part of the routine +1 · Routine skipped 0

Add up the points. Pass: 16 points or more.

Your score _____

WEEK 1 OF 6

Find out which mistake costs you the most strokes.

Your baseline week. Play every drill at Easy and keep every score: week 6 repeats this week so you can compare. On the course, mark every double bogey on the card with its cause: three-putt, chip, bunker, tee shot or recovery. By Sunday you know where your strokes go. Every drill is played as Classic: success or not, so you learn the drills before the points start.

Session A: Short game — About 70 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
No More 3 Putts! (Premium) Easy · Standard · card 1	Play 5 holes and reach the pass score of the scoring option you chose.	5 min	mark 3
Ladder Drill Easy · Classic · card 2	Putt once from every tee.	5 min	pass 3+
Chipping warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Line in the Sand (Chipping) (Premium) Easy · Classic · card 3	Make clean contact on 6 or more of your 10 chips to pass.	15 min	pass 6+
Bunker warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Line in the Sand Easy · Classic · card 4	Enter the sand on the line on at least 5 of 15 swings to pass the Classic scoring option.	15 min	pass 5+

Session B: Range — About 62 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Full-swing warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Iron Dispersion Easy · Classic · card 5	Finish 7 or more of 15 shots inside the 30 yd corridor to pass.	8 min	pass 7+
Approach Distance Control (Premium) Easy · Classic · card 6	Land 6 or more of 10 approach shots within 30 ft of the flag to pass the drill.	20 min	pass 6+
Driver warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Driver Dispersion Easy · Classic · card 7	Land 4 or more of your 10 driver shots inside the 30-yd corridor to pass.	6 min	pass 4+
Fairway Accuracy (Premium) Easy · Classic · card 8	Land 4 or more of your 15 tee shots inside the 50-yard corridor to pass.	8 min	pass 4+

Session C: On the course — During a round

DRILL	PASS TARGET	TIME	YOUR RESULT
No Hero Shot Challenge (Premium) Easy · Classic · card 9	Log at least one Safe Recovery during the round.	A round	pass 1+

Warm up before the round with First Tee Ready: strenvio.ai/plans/30-minute-pre-round-practice

Notes: what got better, what to watch next week

WEEK 2 OF 6

Stop the cheapest double bogeys: three-putts and chips that stay off the green.

A three-putt or a second chip costs a stroke without a single bad swing. This week's short-game session drops the bunker for a second chipping drill, so you spend more time on the shots that come up on almost every hole. On the course, score your pre-shot routine instead of your strokes. Still Classic, and on the course the routine card counts complete routines only.

Session A: Putts & chips — About 57 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
No More 3 Putts! (Premium) Easy · Standard · card 1	Play 5 holes and reach the pass score of the scoring option you chose.	5 min	mark 3
Ladder Drill Easy · Classic · card 2	Putt once from every tee.	5 min	pass 3+
Chipping warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Line in the Sand (Chipping) (Premium) Easy · Classic · card 3	Make clean contact on 6 or more of your 10 chips to pass.	15 min	pass 6+
Chipping 5 m Ladder Easy · Classic · card 10	Ten landing successes pass the session.	12 min	pass 10+

Session B: Range — About 62 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Full-swing warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Iron Dispersion Easy · Classic · card 5	Finish 7 or more of 15 shots inside the 30 yd corridor to pass.	8 min	pass 7+
Approach Distance Control (Premium) Easy · Classic · card 6	Land 6 or more of 10 approach shots within 30 ft of the flag to pass the drill.	20 min	pass 6+
Driver warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Driver Dispersion Easy · Classic · card 7	Land 4 or more of your 10 driver shots inside the 30-yd corridor to pass.	6 min	pass 4+
Fairway Accuracy (Premium) Easy · Classic · card 8	Land 4 or more of your 15 tee shots inside the 50-yard corridor to pass.	8 min	pass 4+

Session C: On the course — During a round

DRILL	PASS TARGET	TIME	YOUR RESULT
Pre-Shot Routine Scorecard (Premium) Easy · Classic · card 11	Complete the full routine on at least 6 of 9 holes.	A round	pass 6+

Warm up before the round with First Tee Ready: strenvio.ai/plans/30-minute-pre-round-practice

Notes: what got better, what to watch next week

WEEK 3 OF 6

Move up to Normal and keep your tee shots in play.

Play Normal on every drill you passed at Easy. The range session ends with the Fairway Decision Ladder: driver against a safer club in narrowing corridors. Its result tells you which club to hit on the tight holes of your course, and you use that answer in this week's round. The game this week is Points: misses now cost points, so a safe miss beats a wild one.

Session A: Short game — About 70 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
No More 3 Putts! (Premium) Normal · Standard · card 12	Play 7 holes and reach the pass score of the scoring option you chose.	5 min	mark 3
Ladder Drill Normal · Points (Premium) · card 13	Putt once from every tee.	5 min	pass 9+
Chipping warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Line in the Sand (Chipping) (Premium) Normal · Points · card 14	Make clean contact on 7 or more of your 10 chips to pass.	15 min	pass 15+
Bunker warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Line in the Sand Normal · Points (Premium) · card 15	Enter the sand on the line on at least 8 of 15 swings to pass the Classic scoring option, and assess divot shape for quality.	15 min	pass 7+

Session B: Tee shots in play — About 57 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Full-swing warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Iron Dispersion Normal · Points (Premium) · card 16	Finish 8 or more of 15 shots inside the 24 yd corridor to pass.	8 min	pass 7+
Driver warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Driver Dispersion Normal · Points (Premium) · card 17	Land 5 or more of your 10 driver shots inside the 25-yd corridor to pass (50%).	6 min	pass 4+
Fairway Accuracy (Premium) Normal · Points · card 18	Land 6 or more of your 15 tee shots inside the 40-yard corridor to pass (40%).	8 min	pass 5+
Fairway Decision Ladder (Premium) Normal · Points · card 19	Reach 17 or more fairways to pass, then read the per-width comparison to see where — if anywhere — the safer club earns its keep.	15 min	pass 21+

Session C: On the course — During a round

DRILL	PASS TARGET	TIME	YOUR RESULT
No Hero Shot Challenge (Premium) Normal · Classic · card 20	Log more Safe Recoveries than Hero Shot Attempts across the round, and keep resulting penalty strokes to a minimum.	A round	pass 2+

Warm up before the round with First Tee Ready: strenvio.ai/plans/30-minute-pre-round-practice

Notes: what got better, what to watch next week

WEEK 4 OF 6

One bad shot stays one bad shot: escapes and safe choices.

The short game trains bunker shots from bad lies, the range ends with the carry-or-lay-up decision, and the round scores every recovery. After a bad shot, choose the option you would pull off seven times out of ten, even if it goes sideways. The game is the strict one: every miss costs a point, whichever side it goes, and on the course a hero shot costs two.

Session A: Short game & bunker lies

About 70 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
No More 3 Putts! (Premium) Normal · Standard · card 12	Play 7 holes and reach the pass score of the scoring option you chose.	5 min	mark 3
Ladder Drill Normal · Never Short (Premium) · card 13	Putt once from every tee.	5 min	pass 3+
Chipping warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Line in the Sand (Chipping) (Premium) Normal · Clean Strike · card 14	Make clean contact on 7 or more of your 10 chips to pass.	15 min	pass 6+
Bunker warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Three Lies Normal · Every Shot Counts (Premium) · card 21	Score 15 or more Classic points to pass.	15 min	pass 5+

Session B: Range & decisions

About 60 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Full-swing warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Iron Dispersion Normal · Direction (Premium) · card 16	Finish 8 or more of 15 shots inside the 24 yd corridor to pass.	8 min	pass 1+
Approach Distance Control (Premium) Normal · Never Short · card 22	Land 6 or more of 10 approach shots within 20 ft of the flag to pass.	20 min	pass 5+
Driver warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Driver Dispersion Normal · Direction (Premium) · card 17	Land 5 or more of your 10 driver shots inside the 25-yd corridor to pass (50%).	6 min	pass −1+
Carry or Lay-Up Challenge (Premium) Normal · Good Decision Rate · card 23	Score 14 or better by matching the decision to your carry margin and avoiding overconfident penalty attempts.	6 min	pass 14+

Session C: On the course

During a round

DRILL	PASS TARGET	TIME	YOUR RESULT
No Hero Shot Challenge (Premium) Normal · Recovery Discipline · card 20	Log more Safe Recoveries than Hero Shot Attempts across the round, and keep resulting penalty strokes to a minimum.	A round	pass 4+

Warm up before the round with First Tee Ready: strenvio.ai/plans/30-minute-pre-round-practice

Notes: what got better, what to watch next week

WEEK 5 OF 6

Score it: nine holes of Par 18 show how often you get up and down.

Test week for the short game. After the putting and chipping drills, play nine par-2 holes around the practice green and write down your total. The range session repeats week 1 at Normal; on the course, score your routine again and compare it with week 2. Points again, and Par 18 is scored in strokes: lower wins.

Session A: Short-game test — About 85 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
No More 3 Putts! (Premium) Normal · Standard · card 12	Play 7 holes and reach the pass score of the scoring option you chose.	5 min	mark 3
Chipping warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Line in the Sand (Chipping) (Premium) Normal · Points · card 14	Make clean contact on 7 or more of your 10 chips to pass.	15 min	pass 15+
Par 18 (On-Course Simulation) Normal · Standard Par 18 · card 24	Complete 9 holes in 21 strokes or fewer (3-over par) to pass.	45 min	mark 21

Session B: Range — About 62 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Full-swing warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Iron Dispersion Normal · Points **(Premium)** · card 16	Finish 8 or more of 15 shots inside the 24 yd corridor to pass.	8 min	pass 7+
Approach Distance Control (Premium) Normal · Points · card 22	Land 6 or more of 10 approach shots within 20 ft of the flag to pass.	20 min	pass 12+
Driver warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Driver Dispersion Normal · Points **(Premium)** · card 17	Land 5 or more of your 10 driver shots inside the 25-yd corridor to pass (50%).	6 min	pass 4+
Fairway Accuracy (Premium) Normal · Points · card 18	Land 6 or more of your 15 tee shots inside the 40-yard corridor to pass (40%).	8 min	pass 5+

Session C: On the course — During a round

DRILL	PASS TARGET	TIME	YOUR RESULT
Pre-Shot Routine Scorecard (Premium) Normal · Points · card 25	Complete the full routine on at least 7 of 9 holes without judging the scorecard by shot outcome.	A round	pass 16+

Warm up before the round with First Tee Ready: strenvio.ai/plans/30-minute-pre-round-practice

Notes: what got better, what to watch next week

WEEK 6 OF 6

Retest and count: the week 1 sessions at Easy and your double bogeys.

Play exactly what you played in week 1, at Easy, and compare every score. On the course, mark every double bogey with its cause again. Compare the count with week 1: the cause that is still on the card most often is where your next plan should start. Classic again, exactly as in week 1, so the scores compare.

Session A: Short game retest — About 70 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
No More 3 Putts! (Premium) Easy · Standard · card 1	Play 5 holes and reach the pass score of the scoring option you chose.	5 min	mark 3
Ladder Drill Easy · Classic · card 2	Putt once from every tee.	5 min	pass 3+
Chipping warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Line in the Sand (Chipping) (Premium) Easy · Classic · card 3	Make clean contact on 6 or more of your 10 chips to pass.	15 min	pass 6+
Bunker warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Line in the Sand Easy · Classic · card 4	Enter the sand on the line on at least 5 of 15 swings to pass the Classic scoring option.	15 min	pass 5+

Session B: Range retest — About 62 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Full-swing warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Iron Dispersion Easy · Classic · card 5	Finish 7 or more of 15 shots inside the 30 yd corridor to pass.	8 min	pass 7+
Approach Distance Control (Premium) Easy · Classic · card 6	Land 6 or more of 10 approach shots within 30 ft of the flag to pass the drill.	20 min	pass 6+
Driver warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Driver Dispersion Easy · Classic · card 7	Land 4 or more of your 10 driver shots inside the 30-yd corridor to pass.	6 min	pass 4+
Fairway Accuracy (Premium) Easy · Classic · card 8	Land 4 or more of your 15 tee shots inside the 50-yard corridor to pass.	8 min	pass 4+

Session C: On the course — During a round

DRILL	PASS TARGET	TIME	YOUR RESULT
No Hero Shot Challenge (Premium) Easy · Classic · card 9	Log at least one Safe Recovery during the round.	A round	pass 1+

Warm up before the round with First Tee Ready: strenvio.ai/plans/30-minute-pre-round-practice

Notes: what got better, what to watch next week

WEEK 6 REVIEW

Week 1 against week 6

Week 6 repeats the week 1 drills at the same level and with the same game. Copy both results here: a higher score on the same drill, level and game is progress you can trust.

DRILL	LEVEL · GAME	WEEK 1	WEEK 6	BETTER?
No More 3 Putts!	Easy · Standard			☐ Yes ☐ No
Ladder Drill	Easy · Classic			☐ Yes ☐ No
Line in the Sand (Chipping)	Easy · Classic			☐ Yes ☐ No
Line in the Sand	Easy · Classic			☐ Yes ☐ No
Iron Dispersion	Easy · Classic			☐ Yes ☐ No
Approach Distance Control	Easy · Classic			☐ Yes ☐ No
Driver Dispersion	Easy · Classic			☐ Yes ☐ No
Fairway Accuracy	Easy · Classic			☐ Yes ☐ No

What to compare

- Count double bogeys or worse in every round during the plan, not only your score. That number has to come down before 90 does.
- Compare week 1 and week 6 on the range. More shots inside the corridor means fewer tee shots out of play.
- Write down your Par 18 score in week 5 and play it again a month after the plan.

The drill that improved least, and what you will practise next

STRENVIO · GOLF PRACTICE THAT SHOWS YOUR PROGRESS

Leave the pen at home.

Project 89 works on paper. In the Strenvio app it records itself.

- ✓ Guides you through every drill in this plan and scores every ball as you hit it.
- ✓ Shows your pass rate per drill and level, so you see what improved without a pen.
- ✓ Builds your next plan from your own results: 1 to 7 sessions a week, drills for your weakest skills.

iPhone
Scan for App Store

Android
Scan for Google Play

Free to download on iPhone and Android.

MORE FREE PRACTICE PLANS

Soft Landing · 6-Week Chipping Practice Plan (2 Sessions a Week)

Roll True · 6-Week Putting Practice Plan (3 Sessions a Week)

First Steps · Beginner Golf Practice Plan (6 Weeks, 2 Sessions a Week)

All plans: strenvio.ai/plans