RA50

Golf after 50: what do you want your training to help you do?



A good shot. A round with friends. The chance to spend a few hours outside doing something you enjoy.

Golf can mean different things to different people. You might enjoy a relaxed nine holes, play regularly in club competitions, or be looking forward to getting back on the course after a break.

You do not need to have a problem to be interested in training.

RA50 starts with a simple question:

What would you like strength or fitness training to help you do in golf?

There is more to your golf than the swing

How you play matters. Do you usually walk the course or use a buggy? Carry your clubs or use a trolley? Play nine holes, eighteen, or spend most of your time at the driving range?

Those details help us understand the activity you want training to support.

The swing itself involves coordinated movement through the legs, pelvis, trunk and upper body, with rotation and a transfer of weight. Golfers do not all move in the same way, and research findings vary with how the swing is studied. That research does not tell us what every golfer needs from training.

Much of the muscle activity research has focused on professional and low handicap players. It helps explain the action, but it does not establish the training needs of a recreational golfer over 50.



What physical qualities could support your golf?

Depending on your goals and starting point, physical preparation might focus on strength, movement control or fitness for walking the course.

These are areas Andrew could explore with you, rather than a standard programme everyone who plays golf should follow. Playing golf does not, by itself, tell us that you have restricted hips, a weak back or poor balance.

A general fitness assessment can help us understand your physical starting point. It does not measure the quality of your swing.



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Train for what matters to you

For example, one golfer might want to feel more comfortable walking a full round. Another might enjoy their golf already and want to build strength alongside it. Someone returning after time away might want help finding a sensible starting point for training.

What would make training worthwhile for you? Is there anything that actually feels difficult during a round or afterwards?

Andrew's role is physical preparation around your golf. Work on how you hold the club, your swing technique or course management belongs with a golf coach.

If you choose RA50 Personal Coaching, Andrew will use your goals, current activity and the information gathered during onboarding to build your programme. Exercises and progression would be chosen for you and fitted around your golf and other commitments.

The aim is preparation that suits your life. It does not guarantee a longer drive, a lower handicap or freedom from injury.



You don't need to arrive with a training plan

You can start by telling Andrew what you enjoy and what you would like to keep doing or improve. You do not need to know which exercises to ask for.



Start with your free RA50 Roadmap

The RA50 Roadmap is a short conversation about your goals, current activity and whether we are the right fit for each other.

There's no workout or fitness test during the Roadmap. If you decide to continue, we'll complete the relevant screening before physical training or testing and discuss the next step.

We can discuss personal coaching, an optional RA50 Capability Assessment, or a combination that suits your aims.

No pressure. No obligation. Just a useful place to start.

Want to explore how training could support your golf?

START YOUR FREE RA50 ROADMAP

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Sources

Marta and colleagues: review of muscle activity during the golf swing, 2012.

Bourgain and colleagues: systematic review of golf swing biomechanics, 2022.