Golf Coach Playbook

Category: **precision** | A research-use reference for coaches, performance staff and athletes.

WHY IT MATTERS

Golf careers are extended or ended by the lower back. Tour-level players average 1,500+ full swings per week.

PHYSIOLOGICAL DEMANDS & COMMON INJURIES

Demands

- Rotational power across hip-thoracic chain
- Lumbar and SI joint resilience over 4-round events
- Focus and HRV stability under pressure
- Steady glucose for 5-hour rounds

Common injuries

- Low-back disc and facet irritation
- Wrist (hamate, TFCC) injury
- Lateral elbow tendinopathy
- Lead-side hip impingement

KEY TRAINING PHASES & PERIODIZATION

Off-season — structural strength. Pre-tournament — taper and travel recovery. Tournament — focus + HRV stability.

Phase	Primary Focus	Recovery Emphasis
Off-season	Structural strength, capacity build, address asymmetries	Highest — connective tissue, sleep extension, full nutrition
Pre-season	Sport-specific load, intensity ramp, skill integration	Moderate — soft tissue work, neuromuscular readiness
In-season	Performance maintenance, fixture/match recovery	Variable — turnaround-driven; protect tendons & CNS
Peak / Championship	Taper, freshness, mental load management	Restorative — sleep, HRV, soft tissue priority
Post-season	De-load, structural repair, full medical screen	Very high — connective tissue, body comp, sleep reset

COACH FOCUS

- Workload across pro events — practice rounds + tournament rounds
- Cognitive and HRV monitoring for tournament weeks
- Mobility audit (T-spine, hips, ankles)
- Travel and time-zone recovery

ATHLETE FOCUS

- Low-back and connective tissue recovery research
- Cognitive research peptides for focus and HRV (Selank, Semax)
- Glucose management for round-long energy stability
- Sleep, melatonin and travel circadian alignment

RECOVERY RESEARCH MODEL

Connective tissue research (BPC-157, GHK-Cu) is studied in tendinopathy and lumbar models. Cognitive peptides (Selank, Semax) appear in anxiolytic and attention research.

FIVE FOUNDATIONS OF A RECOVERY PROGRAM

Load monitoring as the first peptide protocol

Before considering any research compound, coaches should monitor load. GPS, jump counts, throw counts, RPE and HRV catch breakdowns earlier than any biomarker. The cheapest, safest recovery tool is reading the data you already have.

Sleep is the highest-leverage intervention

Endogenous GH secretion peaks during slow-wave sleep. Athletes sleeping <7 hours show measurable drops in tendon stiffness, reaction time and injury resistance. Optimize sleep before optimizing anything else.

Nutrition is structural

Protein at 1.6–2.2 g/kg/day, calories matched to load, and 30–60g carbs intra-session for >90 min efforts. Hydration: 6–8 mL/kg pre-event and 1.5x sweat losses post-event. Peptides build nothing without inputs.

Drug-testing literacy is non-negotiable

Most peptides researched for recovery are WADA-prohibited (S0 or S2). Coaches must know exactly which leagues test for what, and brief athletes accordingly. Research-use-only compounds are not for in-vivo athlete use without medical clearance and governing-body approval.

Periodize recovery, not just training

Map a recovery calendar against your training calendar. Tendon and ligament integrity windows differ from CNS recovery windows. The best programs schedule recovery blocks as deliberately as training blocks.

MOST-RESEARCHED COMPOUNDS FOR THIS SPORT

The peptides most frequently cited in this sport's recovery and performance research literature. All entries are research-use only. Anti-doping notices apply.

BPC-157 · recovery

Pentadecapeptide derived from a gastric protein, studied for soft-tissue repair.

Researched in tendon, ligament, gut and muscle repair models. Common in protocols studied for Tommy John–type elbow injury, hamstring strain and Achilles tendinopathy.

Research signals:

- Animal tendon transection repair models
- Gastric ulcer healing models
- Inflammation modulation in skeletal muscle research

Anti-doping: Prohibited by WADA at all times (S0 non-approved substances). All testing pools must avoid in-vivo use.

GHK-Cu · longevity

Copper-binding tripeptide studied for skin, hair and connective tissue repair.

Researched in dermal repair, collagen synthesis and antioxidant models. Relevant to skin trauma, road rash and surgical scar research.

Research signals:

- Wound healing and re-epithelialization models
- Collagen / decorin gene expression studies
- Antioxidant and anti-inflammatory research

Anti-doping: Not explicitly listed on the WADA Prohibited List, but anti-doping authorities reserve the right to test for non-approved substances under S0.

Selank · cognitive

Heptapeptide studied for anxiolytic and nootropic activity.

Research in anxiolytic and attention models is relevant to high-pressure sports (golf, tennis, combat).

Research signals:

- Anxiolytic models in rodents
- BDNF expression studies
- Attention and learning research

Anti-doping: Not specifically named on the WADA list; falls under S0 non-approved substances scrutiny.

Semax · cognitive

ACTH(4-10) analog studied for neuroprotection and cognitive function.

Researched in stroke, neuroprotection and attention models. Relevant to neuro-recovery research in collision sports.

Research signals:

- Neuroprotection in ischemia models
- BDNF / NGF expression studies
- Attention and memory research

Anti-doping: Falls under S0 non-approved substances scrutiny.

STUDY-LINKED BIBLIOGRAPHY

Selected primary sources relevant to this sport and its core research stack.

1. Chang CH et al. (2011). *BPC 157 and Standard Angiogenic Growth Factors: A Comprehensive Review of Tendon Healing*. Journal of Applied Physiology. doi:10.1152/japplphysiol.00115.2011

Takeaway: Animal model showed BPC-157 accelerated Achilles tendon-to-bone healing and improved tendon outgrowth.

2. Pickart L, Margolina A (2018). *GHK-Cu and skin regeneration: a review*. International Journal of Molecular Sciences. doi:10.3390/ijms19071987

Takeaway: Review of GHK-Cu's role in collagen synthesis, wound healing and anti-inflammatory pathways relevant to athletes.

3. Kolomin TA et al. (2013). *Selank: a heptapeptide with anxiolytic and nootropic properties — clinical and preclinical review*. Neuroscience and Behavioral Physiology.

Takeaway: Reviews Selank's anxiolytic activity and BDNF modulation in animal and human research.

4. Ashmarin IP et al. (2005). *Semax: An analogue of ACTH(4-10) with nootropic properties — mechanism review*. Neurochemical Research.

Takeaway: Mechanism review of Semax's effect on BDNF/NGF expression and neuroprotection — basis for neuro-recovery research interest.

5. Sikiric P et al. (2022). *Pentadecapeptide BPC 157 and the central nervous system*. Neural Regeneration Research. doi:10.4103/1673-5374.314287

Takeaway: Comprehensive review of BPC-157's CNS and peripheral repair signaling — basis for soft-tissue research relevant to nearly every sport.

COMPLIANCE & SAFETY NOTICE

All content in this playbook is published for laboratory / in-vitro research context only. Nothing in this document is medical advice, performance-enhancement advice, or a recommendation for in-vivo athlete use. Most peptides cited here are prohibited by WADA, USADA, NCAA, MLB, NFL, NBA, FIFA, UCI, FINA, ITF and similar bodies. Athletes in any testing pool must consult their governing body and a licensed physician before any in-vivo use. Peptide Logix sells research-use-only materials with HPLC-verified purity and a Certificate of Analysis. They are not sold as medicines, supplements, or performance-enhancing drugs.

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