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# Sports Stack

## Lift Smart To Stay On The Links

Written by [kylestack](#) on 3/27/2011 5:32 PM

I live in New York City, which means golf isn't a sport I can play anytime I want. That's unfortunate, given that it's my favorite sport; that does give me the kind of anticipation for the game I might not have if I could play year-round. In preparation for the upcoming golf season, I'm ensuring I don't have any flare-ups of shoulder tendonitis that have struck me and my friends in past years.

My theory behind our past cases of tendonitis? We lifted heavier weights in the winter to build driving strength for when the golf season would commence in the spring. The naivety that more muscle translates into longer tee shots affected us for for at least one year.

I developed tendonitis in both my shoulders a couple years ago, when I failed to make my lifting-weight increase gradual enough. My lifting goal at the time was heavy weight and low reps. I figured that the increased muscle would result in longer drives. I should've known better, since by that point I had been playing golf for a decade. Swing technique is a far greater factor in tee shots than raw muscle.

My too quick increase in lifting weight proved stressful for my body; my shoulders ached for months while I tried to rework my lifting plan in coordination with my golf outings. I learned at that point that it was as important for my golf game to maintain weight lifting discipline before the season as it was during it. I might not have had the problem in the first place had I gradually increased my dumbbell and barbell weight.

Casual golfers often don't realize how stressful the sport can be on their shoulders until it's too late. Don't learn the hard way, as I did. Every time I look to bump up my lifting weight now, I think back to how frustrating the tendonitis was. And I consider how a recurrence of the injury can keep me from playing my favorite sport.

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