

TCG Clubhouse Field Guide: The 3-Step Speed Audit

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FTC Disclosure: TCG Clubhouse is an independent digital publication. This guide contains curated performance recommendations that may earn us an affiliate commission through our partner network at no extra cost to you.

The Philosophy:

Welcome to the lab. At TCG Clubhouse, we live by a simple motto: Grip It & Fix It. But we don't fix broken shafts or golf bags in a repair workshop—we fix the mechanical and biometric bottlenecks holding your swing speed hostage.

If you are trying to smash through a swing speed plateau by blindly throwing money at a brand-new driver every spring, you are fighting a losing battle against physics. This 3-step field audit is designed to isolate your exact baseline metrics so you can train with intent.

The Force-Velocity Baseline Test

To fix your speed, you must first understand how your body transfers energy into the golf club. You will need access to a launch monitor or a specialized standalone radar.

Step 1: The Light-Load Release (Overspeed)

- The Protocol: Take a lightweight club (or remove the weights from a specialized training stick). Perform 5 maximum-effort swings without a ball.
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- The Goal: This measures your central nervous system's raw capability to fire muscles rapidly without resistance.
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- Log Your Top Speed: _____ MPH
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Step 2: The Heavy-Load Resistance (Overload)

- The Protocol: Add maximum weight to your training apparatus (making it heavier than your standard driver). Perform 5 controlled, maximum-effort swings.
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- The Goal: This measures your body's functional strength and ability to create force against heavy resistance.
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- Log Your Top Speed: _____ MPH

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Step 3: Calculate Your Efficiency Gap

- Subtract your Heavy-Load speed from your Light-Load speed.
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 - The Golden Ratio: Ideally, your overspeed should be roughly 10% to 12% faster than your standard driver swing. If the gap is narrower, your central nervous system is under-trained. If the gap is wider, your functional strength is the primary bottleneck.
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The Verdict & The Next 20 Yards

Stop Guessing. Start Training.

Now that you have mapped your baseline numbers, what do you do with them?

Mindlessly swinging weighted sticks in your backyard will only lead to injury or early plateaus.

To permanently change your force-velocity profile, your training needs to adapt dynamically to your daily biometric data.

That is why our absolute #1 data-driven recommendation at TCG Clubhouse is The Stack System.

Co-engineered by elite sports biomechanist Dr. Sasho MacKenzie, its built-in AI app ingests the exact data from this baseline audit to create a highly customized, algorithmic training path tailored completely to your body.

It acts as a digital personal trainer that pushes your central nervous system past its current physical limits.

[!\[\]\(9c2e8d1b5bd77cb5c9f83b7a9cff79fd_img.jpg\) Explore The Stack System & Hardware Bundles Here: thestacksystem.com](https://thestacksystem.com)