**Cold Open**

SOT JUSTIN THOMAS When you're unlocking something, you're unlocking it so you can see what's inside of it.

ANNC He is a remarkable young talent.

SOT JUSTIN THOMAS It's seeing another side.

NATS You’re the most spoiled dog ever, isn’t that right, dude?

SOT JUSTIN THOMAS 've tried to do a good job of getting people to understand who I am. I want to play the sport at a high level for a long time.

NATS I can feel my heart beating. Uh huh. You can hear it too.

SOT JUSTIN THOMAS If it's just another opportunity to open that safe and pull something out of me that you didn't know that was there before then I guess the mission was accomplished.

**Show Logo**

No copy

**Home Setup**

SOT JUSTIN THOMAS The saying there's no place like home I think is very true, especially in what I do and the amount of travel and hotels and airplanes and time I'm spending, there's nothing like your own bed.

SOT JUSTIN THOMAS It's just, it's safe space. My girlfriend, my dog and just hanging out and getting to do what I want.

NATS Go!

SOT JUSTIN THOMAS I don't have the same off-week schedule that Tiger Woods does, or Dustin Johnson or Rory McIlroy, Brooks whatever and I think that's what's most important is that everybody finds what works for them. I'll usually work out no matter what but I can sit on this couch and watch TV, watch football do whatever for an entire day and I have no feeling of guilt. It's just what I do to get rested, get relaxed and get rejuvenated.

SOT JUSTIN THOMAS There's gonna be certain days where I have my set schedule. If I'm waking up at this time, I'll have breakfast, I'll go practice, I'll maybe go play, I'll have lunch, workout, get treatment and those are obviously busy days but it's all my own time.

SOT JUSTIN THOMAS I like the feeling of not having that urgency of like, oh I have to go do this. I gotta go do this. This is a place where I'm with the people I want to be with and get to enjoy it.

**TOUR Life**

**WITH THE COMFORTS OF HOME OFTEN RE-ENERGIZING THOMAS FOR LIFE ON TOUR... THERE ARE STILL THE STRAINS AND STRESSES THAT COME FROM PLAYING AT THE TOP LEVEL.**

SOT JUSTIN THOMAS It's very dependent on how you play it, as weird as it is. I mean, after a win, I'm exhausted. And then it's like, okay, now we gotta get home, gotta go get our stuff and get to the airport and I'm like, man, I just wanna have a beer and just chill.

SOT JUSTIN THOMAS It doesn't matter if you have a two-way connection, if you're flying private, you're in a car. Traveling is never really easy.

**YET WHILE FACED WITH THOSE HURDLES...**

**THOMAS HAS WORKED TO PERFECT HIS PROCESS – AND BECOME ONE OF GOLF'S TRULY ELITE.**

ANNC The wins for Justin Thomas, they just keep on coming.

SOT JUSTIN THOMAS I'm trying to emulate tournament scenarios and situations while I'm out practicing or putting myself through a tough challenge to where my heart rate does elevate to emulate a similar strain level when I'm playing in a tournament.

SOT JUSTIN THOMAS You wanna unleash your performance, you wanna be able to perform the best that you can. A lot of it is something I've learned through using my WHOOP and listening to my body.

SOT JUSTIN THOMAS So for me, if I have a week at home and the recovery is not very good, I'm maybe not gonna go put my body through the same things that I would do because not only is it not good on my body, it's not good mentally either.

SOT JUSTIN THOMAS If I can find any advantage on somebody, if it saves me one shot a tournament, that's gonna be the difference between losing in a playoff and winning some weeks.

**Trophy Room Pt 1**

SOT JUSTIN THOMAS When I bought this house I hadn't quite done as much in golf so I'm very fortunate to not only have some cool trophies and won some tournaments, but you get a lot of really cool stuff over the years that I love having and displaying.

SOT JUSTIN THOMAS The CIMB in 2015. You only have one first win. So to get that done was really cool, and fortunate enough to win it again the next year. So I have two trophies just like those.

SOT JUSTIN THOMAS I've said ever since I first came here that mantle looks like it would hold four major championship trophies pretty well.

ANNC Justin Thomas heads to the last, two in front.

SOT JUSTIN THOMAS I have all the official scorecards there. It was a special week and a special day on that Sunday and have a lot of great memories. So maybe actually come in here more cuz it definitely bring back some good memories and good vibes looking at it. It was a cool gift to get is from my caddy, so I gotta thank Jimmy for that one.

**JT Through the Years**

NATS You gonna play golf Justin? You gonna play golf?

**AT TIMES… IT SEEMS JT’S SUCCESS WAS WRITTEN IN THE STARS.**

**AS IF IT WERE ONLY A MATTER OF TIME UNTIL THE KID FROM GOSHEN, KENTUCKY... GREW INTO ONE OF THE STARS OF THE PGA TOUR.**

ANNC It's gonna be one of those years to stand the test of time.

NATS JACK NICKLAUS What's going on here? What's this thing back here? I dunno, how are you? Good to see you, Mr. Nicklaus. Congratulations. Thank you very much.

**A PGA TOUR PLAYER OF THE YEAR AT 24 YEARS OLD… JUST 3 YEARS AFTER EARNING A TOUR CARD.**

SOT JUSTIN THOMAS Yeah, I definitely could’ve imagined it. I think a lot of the specifics you can’t imagine but if it’s hey you’re gonna win a certain amount of PGA TOUR events and you’ve maybe done this or done that, I’d say yeah I’m definitely capable of doing that. At the end of the day though, it’s just about going out and doing it.

NATS Wave your left hand. Turn and have a look. That's so crazy.

NATS JUSTIN THOMAS This is why I play golf because evidentially I'm not very good at fishing. Just another day in the life, Jupiter, FL, right there.

**Bump**

NATS JUSTIN THOMAS Hey knucklehead.

**STILL AHEAD... SOAKING UP THE SIMPLE PLEASURES IN VALUABLE TIME AT HOME...**

NATS Franklin, go get the ball, bud.

**AS JUSTIN THOMAS REVEALS MORE ON HIS BALANCE BETWEEN LIFE AND THE CONTINUED PURSUIT OF SUCCESS.**

SOT KRISTEN HOLMES It's all in the lead up to the tournament and clearly the data shows how he's spending his downtime is pretty special.

**Opening Billboards**

PGA TOUR ORIGINALS: JT UNLOCKED ON CBS SPORTS IS PRESENTED BY WHOOP... THE OFFICIAL FITNESS WEARABLE OF THE PGA TOUR. VISIT WHOOP DOT COM TODAY.

**CBS Sports HQ Promo**

**GET NONSTOP SPORTS NEWS, EXPERT PICKS AND THE BIGGEST HIGHLIGHTS ON CBS SPORTS H-Q... THE FREE, 24-7 SPORTS NEWS NETWORK.**

**DOWNLOAD THE C-B-S SPORTS APP TO WATCH TODAY.**

**Trophy Room Pt 2**

SOT JUSTIN THOMAS II was completely speechless when I got this in the mail. It's like the brochure or whatever from the 42nd PGA at Firestone where I won too. It was in 1960, and it's pretty cool. It's got my grandpa, my grandpa played in it. But to see this and see the names that were playing and see my grandpa's name on there, it's pretty cool.

NATS cheering

SOT JUSTIN THOMAS It definitely made the win in 2018 there very special having both him and my grandma there. Cuz I knew there wasn't very many tournaments that they could travel to but definitely wasn’t gonna be many chances for me winning with them there and that's something that was obviously very important to me.

SOT JUSTIN THOMAS My girlfriend Jill, her dad actually got this for me, found it on eBay and sent it to me which was really cool after my grandpa passed. It's a really, really cool just momento and thing to have. I need to get this framed and hung up because it's a special thing.

**Harmony Landing Flashback**

SOT MIKE THOMAS It's pretty amazing when you think that there's three generations of competitive golfers. Justin was blessed with a lot of talent and not only was he blessed with it but he chose to work on it and make it better.

SOT MIKE THOMAS We got all the golf balls from the first event he ever won here. This one was, he shot 44 at a public course here on the Pepsi Junior Tour and that was in 2001. It's interesting to see how his mark has changed over the years, how his creative marking of his golf ball changed.

SOT JUSTIN THOMAS I think I put a M and D on there for mom and dad, how about that?

NATS JUSTIN THOMAS This is the two wins, one day.

NATS MIKE THOMAS Oh yeah, that’s the two wins in one day.

**2021 Setup**

**WINS HAVE CONTINUED TO FOLLOW THOMAS, WHO ENTERED THE CURRENT SEASON WITH 13 PGA TOUR VICTORIES.**

ANNC Third youngest to reach 13 wins in the last 60 years.

**2021 SAW PROFESSIONAL AND PERSONAL GROWTH FOR THOMAS AMID A DIFFICULT START TO THE SEASON… A YEAR MADE EVEN MORE TUMULTUOUS AFTER THE LOSS OF HIS GRANDFATHER.**

SOT JUSTIN THOMAS It's been a crazy year for me. Add my own problems - self inflicted - and then I wasn't playing very well and kinda when I thought everything's starting to get a little bit better, everything happens with my grandpa just totally out of the blue.

SOT JUSTIN THOMAS When something bad happens, whatever it might be, it's easy to look at it as this is terrible. Why is this happening to me? I'm never gonna rebound from this instead of flipping it and saying, Okay, well, how can I make better out of this situation? How can I grow from this situation? How can I learn from this situation and become a better person, role model, golfer everything because of it.

**THE PLAYERS Deep Dive**

**DESPITE THE VARIOUS SETBACKS TO START THE YEAR... THOMAS TOOK A DETERMINED MINDSET TO THE PLAYERS IN MID-MARCH.**

SOT JUSTIN THOMAS MJ has always said if you're not failing, you're not learning.

SOT KRISTEN HOLMES I think what's really interesting is in the lead up to the tournament, right? It's how Justin is spending his downtime. How he's sleeping, how he's hydrating, how he's working out. And clearly the data shows that how he's spending his downtime is pretty special. Sleep is without a doubt the greatest legal performance enhancer on the planet.

SOT KRISTEN HOLMES In the 30 days leading up to THE PLAYERS, he is really primed to adapt to the stressors of a tournament. This is like absolutely the perfect scenario.

**THOMAS OVERCAME SOME STRESS EARLY… NARROWLY DODGING A MISSED CUT. BUT AN 8-UNDER ROUND ON MOVING DAY PUT HIM JUST THREE STROKES OFF THE LEAD – WELL WITHIN STRIKING DISTANCE ENTERING THE FINAL ROUND.**

SOT JUSTIN THOMAS I'd played really, really well on Sunday. I think I hit the first 10 greens in regulation and I was only one under par. I had some good putts, they just weren't going in.

NATS swing

SOT JUSTIN THOMAS So then 11, hit a great drive, a great 4 iron in there and hit it about 15, 18 feet and that was the first putt that I really had made that day.

ANNC Justin Thomas has it! Eagle at 11 to take the lead at THE PLAYERS!

SOT JUSTIN THOMAS But not only to make a putt to get some momentum, but kinda get me in control for the rest of the tournament.

SOT KRISTEN HOLMES It's really normal to have all sorts of heart rate spikes throughout a tournament. I think what's really interesting about these data is how quickly Justin recovers after this heart rate spike.

**AS THOMAS KEPT HIS COMPOSURE DOWN THE STRETCH – AND PICKED UP ANOTHER STROKE WITH A BIRDIE ON 16 – HE ARRIVED AT THE 72ND HOLE WITH THE SOLO LEAD.**

SOT JUSTIN THOMAS I had a two shot lead. I need to keep it dry. Sometimes when I get in that adrenaline I get a little quick and I did but I hit it really, really hard.

NATS tee shot

SOT JUSTIN THOMAS I thought it was 50/50 in the air on if it was gonna go in the water or stay up.

ANNC He’s playing that big right to left looper. Easy.

SOT KRISTEN HOLMES This peak here is clearly when the ball's about to go in the water. There's a lot we can glean from heart rate. And these moments of really high stress is an interesting source of insight.

SOT JUSTIN THOMAS Luckily, it went far enough to where it kinda got around that corner, and I was able to breathe when the ball landed and kicked straight for me.

SOT KRISTEN HOLMES The data is not gonna lie. Either we are recovering in a positive way that allows you to then approach your next shot with a level of clarity that enables you to execute, or you don't. This is indication of Justin's fitness level really, is how quickly he's able to come back down to his resting baseline.

ANNC Justin Thomas is the 2021 PLAYERS Championship winner. Another illustrious mark to an incredible resume.

SOT KRISTEN HOLMES Strain is roughly 16.4 on this final day. The psychological stress is layered on just the physical stress of competing.

SOT JUSTIN THOMAS It's a golf course I said from I felt like when I first played it, I was gonna win there. I really loved the course, I loved everything about the place. So I was glad to do that. And now it's just trying to see how many I can get.

**Rejoin**

No copy

**Ride Along**

NATS JUSTIN THOMAS You know you don't drive your cars enough when you come in and don't remember which button opens… does this open this one, or…?

**SHORTLY AFTER TURNING PRO, JUSTIN THOMAS RELOCATED TO JUPITER, FLORIDA… A LOCALE KNOWN FOR BEING THE HOME BASE OF SEVERAL OF THE PGA TOUR’S BEST.**

NATS JUSTIN THOMAS I think it's the weather, clearly, it's just so beautiful. The amount of guys that are here that you can play games with and travel with, that's something that was big for me."

NATS JUSTIN THOMAS There's nobody more normal than Rory. When I came and joined The Bear’s Club, I saw him and I wasn't afraid to up to him and say hello. We're very similar. We joke that we're both Tauruses so we're both stubborn and perfectionists. And now, we hang out and play games and just screw off more than anything."

**AND LIKE MANY OF HIS FELLOW RESIDENTS… THOMAS TURNED TO FITNESS TRAINING.**

NATS JUSTIN THOMAS I use to not like working out very much but then the more I started learning and understanding more about the body, I understood how important it was. My trainer Colby is the nicest and most positive, just bet dude I think I've ever been around and now, I enjoy working out. I enjoy the challenge that he gives me and the goals that we set for ourselves.

NATS JUSTIN THOMAS Alrighty, I'm running in.

**Thomas Workout**

SOT JUSTIN THOMAS I usually workout no matter what because I think after travel that's always what makes me get back to normal. It's just get a good sweat and get a workout, get body movement.

NATS JUSTIN THOMAS Number one priority in everything is to prevent injury and to make sure I'm playing longer.

NATS JUSTIN THOMAS The ice bath, it was nice yesterday.

NATS JUSTIN THOMAS We're doing a lot of twists, a lot of bad on our knees, our hips which is our back and wrists and elbows and shoulders. If I wanna play the sport at a high level for a long time, I don't need to be a body builder.

NATS JUSTIN THOMAS How many?

NATS COLBY TULLIER Eight and eight, sir.... Nice JT, nice.

SOT COLBY TULLIER We taper it down. When we're on the road, we'll load him at the beginning of the week and as the tournament gets closer, we'll just stick to more movement prep.

NATS COLBY TULLIER Plant foot. Let's get some rotation in there. Yep, stabilize it, rotate through.

NATS JUSTIN THOMAS He knows early in the week, I'm not gonna, on a Thursday or Friday when I'm practicing come in here and do 45 minutes of legs.

NATS COLBY TULLIER Good job, sir.

NATS JUSTIN THOMAS That burns the shoulders.

SOT COLBY TULLIER What we do more than anything is listen to his body. That's what's good about the WHOOP – it gives him that input and that data that tells him where he's at from a recovery standpoint, how he slept the night before.

NATS COLBY TULLIER How's last night sleeping in your bed, good?

NATS JUSTIN THOMAS Amazing. Took some magnesium and I was out.

NATS JUSTIN THOMAS I got 70%, pretty good after a long flight.

NATS COLBY TULLIER That is good.

NATS JUSTIN THOMAS Got over four hours of deep sleep, I told you I was out.

NATS JUSTIN THOMAS How many?

NATS COLBY TULLIER Five and five.

SOT JUSTIN THOMAS Fitness has an extremely important role in what we do. Yeah, everyone wants to look good, but that's not why we do it. We work hard in the gym and in the off-weeks and when we're away from the course to have our bodies feeling as good as possible, to be able to handle those three, four, five week stretches.

NATS COLBY TULLER Six. Load. Seven.

SOT COLBY TULLIER I want him competing every week, so we wanna build a rocket ship.

NATS COLBY TULLIER Like you mean it!

SOT COLBY TULLIER Where it's always trying to keep that incline, trying to get him better every week. We always say it's 1% better.

NATS COLBY TULLIER Come on!

SOT COLBY TULLIER If we can do that every day then we're gonna be ahead of the curve.

NATS COLBY TULLIER Time! Nice.

SOT COLBY TULLIER That's where you start to see the evolution start to happen and him really take control of his fitness and his well-being and stuff. That's a game changer.

NATS JUSTIN THOMAS I can hear my heart beating. Mm-hmm. You can feel it too. (laughs)

**Sponsored Feature**

SOT JUSTIN THOMAS For something like WHOOP, I look at that as technology to where I’m able to change and create habits in my life for a better living, a better feeling, better sleep, better performance. I use the sleep coach on the app to figure out okay, this is the strain that I put my body through today. An optimal amount of sleep for you might be eight hours and 12 minutes to then recover the next day.

SOT KRISTEN HOLMES It's not just about how much time you're spending in bed. Whoop just helps Justin understand where he needs to apply his effort. So this just accelerates Justin's wisdom around sleep, strain and recovery.

SOT WILL AHMED Our mission at WHOOP is to unlock human performance. You can wear this on your wrist or your upper arm, and then it's sending that data 24/7 to your phone.

SOT KRISTEN HOLMES We help you understand how your body and your mind is adapting to external stress, what behaviors are working for you, what behaviors are not working for you.

SOT WILL AHMED WHOOP is like a 24/7 life coach. Whether you're a doctor, or a cop, or a fireman, or an executive, or someone who really just wants to find a way to improve your body, WHOOP is gonna give you that insight.

SOT JUSTIN THOMAS That's exactly why I started wearing WHOOP. The reason I have it is because I want to know exactly what I can do to make me perform my best and feel my best.

**Closing Billboards**

PGA TOUR ORIGINALS: JT UNLOCKED ON CBS SPORTS IS PRESENTED BY WHOOP... THE OFFICIAL FITNESS WEARABLE OF THE PGA TOUR. VISIT WHOOP DOT COM TODAY.

**Dog Feature**

NATS JUSTIN THOMAS (whistles) Franklin? He's been obsessed with these trees whenever it gets near him he just is infatuated with the lizard going up 'em. There's nothing up there, look, nothing up there.

SOT JUSTIN THOMAS Dogs are the best. I think anybody that has a dog or even doesn't will tell you there's nothing like them. And he's been nothing but joy for my girlfriend and I.

NATS JUSTIN THOMAS He usually likes these things... Get it (laughs). This is just tormenting him right now.

NATS JUSTIN THOMAS I've been so tempted to just put my whoop on him one day to just see what his heart rate gets to.

SOT JUSTIN THOMAS If we're renting a house that allows dogs and Jordan and Annie Spieth. They have a dog that they'll bring on the road quite a bit as well and they get along pretty well.

NATS JUSTIN THOMAS Say, you're just the most spoiled dog ever am I right dude?

SOT JUSTIN THOMAS That dog truly has no idea what I shot. They're just happy to see you and that's brought a little extra joy for us."

NATS JUSTIN THOMAS Buddy you look tired, you need some water? Come on knucklehead.

**Mentorship**

NATS TEE ANNOUNCE Next on the tee from Louisville, Kentucky. He is an 11-time PGA TOUR winner, the 2017 PGA Champion, the 2017 FedExCup champion, a member of the United States Presidents Cup team in 2017 and Kentucky's Mr. Golf in 2009, please welcome Justin Thomas! Well done.

ANNC Now you know that Tiger Woods set that up because he didn't get an intro yesterday and he was rubbing Woods about it. That's a deliberate plant by the host.

SOT JUSTIN THOMAS I mean, if you would have told me that I'd be really good friends with Tiger Woods when I was a kid, I probably would have said, yeah, that'd be cool, but I don't know if it's gonna happen.

SOT JUSTIN THOMAS There's times here and there to where it does feel surreal but also it is a friendship, you know? It’s just like us being friends or me being friends with Jordan and like we're here to help each other, we're just two guys that both love golf and love to win and we just want to go out and BS and have fun.

SOT TIGER WOODS JT has become one of my friends and you know, he gives me crap all the time that he was on his dad’s shoulders when I won at Valhalla. I’m like, serious?

SOT JUSTIN THOMAS I've been very, very, very fortunate to create some relationships that I have, not only with golf but athletes outside of golf.

NATS (high five) Good to see ya!

SOT JUSTIN THOMAS And some of the best that they have ever been in their relative sport.

SOT JUSTIN THOMAS I've picked Tom Brady's brain a lot. If I never ask then I'll never learn and I can always pick and take what I feel like will help me. I try to use that to be like hey guys, I'm going through this, have you ever gone through this? And if you did, what helped you? And maybe if I ask a couple of them, one of them really resonates to me, and really helps me. It's all mentality stuff and that's what the greatest players do better than anybody else.

NATS Come on!

ANNC Unbelievable! Justin Thomas with the fist pump.

SOT JUSTIN THOMAS Golf courses, golf ball doesn't care who you are, doesn't care what you've done. You just have to go out and you have to execute, you have to put in the work that I'm willing to. And that I feel like I need to and I need to do all the things off the course that I can control.

NATS swing

SOT JUSTIN So, that once I do go out there and continue to perform well and do the things that I have.

SOT JUSTIN THOMAS I’ve done a good job of finding what works for me but hope to continue to figure out what works even better.