**PGA TOUR Originals: JT & Phelps - Master Script**

**Tease + Opening Titles**

PHELPS SOT: "Peak performance is basically just a bunch of small things done well and stacked up on top of each other...

PHELPS SOT: Doing things when people don't always want to do it."

PHELPS NAT: "In swimming if you take one day off it takes 2 days to get back to where you were so we took a stretch of 6 years without taking a single day off."

THOMAS SOT: "Peak performance is different for every person. / The peak for Michael Phelps is not going to be the same peak for Justin Thomas."

PHELPS NAT: "I had that advantage over the rest of my competition.

THOMAS NAT: When you're already so much better than everybody else but you're also willing to do more than everybody else then it all of a sudden becomes nobody can touch you."

PHELPS SOT: "If you can just lock in mentally, emotionally, physically / that could be the deciding factor of the first place in a second place or. Or a gold medal and a silver medal."

**Setting the Stage**

THOMAS NAT: "You're better than that, man. I know you are. How's the golf games."

PHELPS NAT: "Better? Yeah, I've re-caught the bug again and the things that I'm doing in the gym now are now related to golf."

THOMAS NAT: "Oh, we got some golf specific training. Yeah. What was the biggest adjustment you had to make?"

PHELPS NAT: "I'm naturally like a Gumby. I was gonna say like, are you almost too flexible?

Yeah, it helps me in the sport of swimming, but maybe not here."

THOMAS NAT: "All right, well, you've come to one of my areas in Nashville here at Troubadour. I'm never going to get in a pool with you. But let's at least go into my comfort zone and do some putting."

PHELPS NAT: "I used to have the world record for the longest cut in televised history. Yeah, that was one of my most proud world records."

THOMAS NAT: "Let's go long. Closest to the hole. This ain't going in the hole. I got news for you. Good to see the confidence on the first putt. This should be a good first putt of the day."

THOMAS NAT: "Kind of like that."

PHELPS NAT "To get inside of that one's going to be difficult. That's pretty nice there.

You hammered yours. Maybe you should drive."

**On the Range**

PHELPS NAT: "I really fell in love with this game the past 3 years because I was playing a ton. I think I played 100 rounds last year. / My index was a 12 now it's a 7. / I'm in the process of putting a simulator in my house. Oh boy we're there. We're past obsessed."

PHELPS NAT: "With each club how many swings do you have? That's the thing I always get fascinated about. / I'm way more feel than I have a clock system. I know I have a stock, max, if I draw it adds 3-4 yards. / You have the feel of I need to put this with this wind. It's also kind of / like I don't know what that fire pit is but I have a general idea the swing I need to make with this club to get it to go around that far."

THOMAS NAT: Let's see if one of use can hit the tractor... We've got action..."

PHELPS NAT: "I relate it to swimming because we're dealing in 100ths of a second. If you're off by that much the ball is going to go so many different ways."

PHELPS NAT: "There we go."

THOMAS NAT: "The thing Michael has is just the athletic ability / but more importantly he has the competitive side to just not be okay with being mediocre or average at something."

PHELPS NAT: "Throughout my career I went through sleeping in a hyperbaric chamber / that tracks my deep, REM, everything that Whoop does. Now we have access to this that gives you anything and everything your body needs to perform at its best."

THOMAS NAT: "Rory is who told me about it. / Being a competitive person / I legitimately felt he had an advantage on me and I didn't like that. / Here we are 3 years later and I wear it every day. For me / I wanted to mess around with some lifestyle things. What day to day life habits can I change or do that is going to help me feel better and recover better?"

THOMAS NAT: "Last night I had 8 hours, 6 minutes of sleep. 3 twelve of REM. / 8 hours and 2 minutes. I got you by 4."

THOMAS NAT: "Its little things like that that I've picked up on / I'm gonna pick your brain to find some more."

PHELPS NAT: "Say you just won a gold medal the first night. Coming off that high I know I need 8 hours of sleep, how do I guarantee I'm gona get it? / I used to watch movies. I was that guy. // Miracle. / I watched that one before '08. Hoosiers. Big inspirational movie guy."

**Golf Part 1: First Hole**

PHELPS NAT: "So where do you take this? Just a little cut off the left bunker."

PHELPS SOT: "It's a treat for me to be able to be out there and to watch your preparation and watch your routine. / Whether it's me watching you behind the ball or you're putting stroke or chipping stroke, whatever it might be. Like I'm a visual person, so I always love taking little small things and trying to implement it in what I do."

THOMAS NAT: "Should be perfect, kick a little right too."

THOMAS NAT: "You've obviously been to the Phoenix Open so many times..."

PHELPS SOT: "Won it back to back years. So clearly not that bad. You can / perform at the at the big moments in a different sport too apparently. I like I like those big moments. Put me put a spotlight put me on in front of number of people. Then I'm easy to be able just to put the blinders on. Yeah. Focus on what you're trying to do."

THOMAS NAT: "The only thing I hate about the 16th hole is like you're so amped. Up all I want to do is hit a driver. If it was 18 I feel like I'd be embracing the 150 heart rate but I'm trying to hit this finessed 8 or 9 iron and I'm so amped up."

PHELPS NAT: "I aIways love seeing the heartrates of y'all throughout the round depending on what's going on. I'm always fascinated / how you get back down to that neutral level."

THOMAS NAT: "Generally in my routine / I'll go through my two practice swings, I'll get back here / I try to elongate that breath as much as I can / and kind of as I'm exhaling I'm going into it, and by the time I'm over it my body should get out of that fight or flight a little bit."

PHELPS SOT: "You're basically just paying attention to that one breath. Yeah, that's literally all of it. All right. Like, because you know how to find that out of the face. Mm. I can't say it all the time, but it's, you know, like, you know how to make a good golf swing."

THOMAS SOT: "It's so hard to do too. / I'm 4-under thru 7. It's like / I should shoot eight or nine under today. Like no problem if I can sprinkle in a couple more, that's 61 and it's just like bogey double bam. And then next thing you know, it's like, what? All right, back to reality. / I think personally that's a huge separating factor of the good and the great is who can stay in the moment and not look forward not look backward, be where your feet are and just, you know, like you said when you were swimming, just put the blinders on and go."

**Golf Part 2: 2nd Hole**

THOMAS NAT: "I think you would agree. Off-weeks are a pretty general term because it's not really off. It's just less on I guess. Maintenance, yeah."

THOMAS SOT: "Although // I'm getting ready for the FedEx Cup playoffs. / I would like to think that everything I've done this entire season is also getting ready for the FedEx Cup playoffs."

THOMAS SOT: "Michael didn't go into the Olympics like that year or that month prior saying, all right, now it's time to get ready for the Olympics. Like he started doing that when he was, you know, 13, 14 years old, dreaming of something as a kid."

PHELPS SOT: "Before I could even dream of winning a gold medal. I was afraid to swim, afraid to get my face wet. Before I got to where I was or who I became. Like I had to be really terrible at something, right? / I had to learn the ins and outs of the sport and learn about myself. But then be able to sharpen those tools up even more throughout the process to, you know, in my opinion, like I felt like I had that little extra edge than others because I have that feel that couldn't be taught or given."

THOMAS SOT: "It's just about that little 1% that just getting a little bit better on the days you don't want to."

PHELPS NAT: "There's nothing in my career that's been better than swimming for my country. Now being retired that's the one thing I missed the most, not being able to strap up and wear the stars and stripes."

THOMAS NAT: "I competed in / one Olympics in Tokyo. Just having the team side of it in the President's Cup and Ryder Cup it's so fun competing for your country. / Even just as a fan watching y'all play Ryder Cup, President's Cup, I'm in my red white and blue, I'm going crazy."

THOMAS NAT: "Every first tee when they would say. Representing the United States Justin Thomas and Jordan Spieth. The roars. / Hearing representing the United States was just the thing that made all the hair on your arms and neck stand up. Here comes the adrenaline."

THOMAS NAT: "It's crazy man it never gets old. What do we got here, 170 a little help. / Play a little chippy 8. / It's dancing'.

THOMAS NAT: "Should be pretty slow up there. / Ooh good line. / Dive. A little softer maybe."

**PGA Championship Mini**

PHELPS NAT: "Good three. Thank you like a tournament we do you often find that you're in the green?"

THOMAS NAT: "I'm a good REM sleeper. I get a pretty good amount of that I guess compared to your average person.

PHELPS NAT: "So it's like you're superhuman trait. Yeah, like the week of the PGA. I know I slept slept really well on the weekend."

THOMAS SOT: "Saturday, the PGA and it was a bad day to say the least I ended up bogey and 18 you go seven back going into final round. I was furious and kind of needing to get a little bit of fumes out and anger out and went to the range of my dad and Bones."

THOMAS SOT: "By the time I get home, haven't eaten dinner. I definitely don't want to take an ice bath. I just want to I want to eat go to sleep. But I just know that if I don't know how I'm going to feel the next day I know my legs are gonna be fatigued. It's the it's the end of a huge week. And it was just something I'm like, Alright, just do this. Whatever. Go through my routine, that bed, go to sleep."

THOMAS SOT: "Wake up the next day feeling a lot better to where I feel like you know, maybe on that back man when I could have crashed from losing my legs a little bit. You know, I went through enough of that recovery type sleep to almost start fresh the next day like everything that happened yesterday never even happened. Was that the reason? Who knows, but I would like to think it had somewhat of a factor in there.

PHELPS SOT: "I think it did.I mean, I just say that just from understanding swimming 18 races, every little bit does matter."

**Golf Part 3: 3rd Hole**

THOMAS NAT (HOLE 3): "Nice swing there."

THOMAS NAT (HOLE 3): "When you were / in your races / what is your mindset if you need to take it to another level or if you're just trying to finish it off kind of thing."

PHELPS NAT (HOLE 3): "I'm just trying to get into my rhythm. Sometimes I'm counting strokes. Because I know when I'm swimming efficiently I know exactly how many strokes."

PHELPS NAT (HOLE 3): "Coming off the last wall, if I'm in a race I can feel the water splashing on me. Hopefully you can feel it splashing on your feet. / Or I'm looking peripherally just to know."

PHELPS SOT: "The races that stick out the most are the ones that didn't go as planned because those are the ones I learned the most from. / When I did get second place / I could have done something better in my preparation than what I did. And I deserved to get second. Whether that's me missing a turn or taking a breath off the wall like those two things / cost me a gold medal."

THOMAS NAT (HOLE 3): "My proudest wins are wins that I didn't have my best stuff. The Sony Open in 17 was great, shooting 59, 72-hole scoring record, I was unconscious for a week, it was easy but one of my favorite wins was / in Korea 2017 at CJ Cup. I was exhausted / and was able to win and that was just how did I do it kind of thing and I'm sure you've had those scenarios where you just had to find a way to do it, make it happen."

PHELPS NAT (HOLE 3): "Well brother, appreciate it man. Enjoyed it dude. Until next time. Hopefully we'll make some more putts too."

PHELPS NAT (HOLE 3): "In 90 minutes I was 10.2 is that good? 5.5 that's nice. / There's a difference between us I guess. / I'm sure if JT got in a swimming pool with me his strain might be tripled. You wouldn't have to read strain because I'd be dead. We've got lifeguards on hand we'd be good."

**In the Gym**

MICHAEL PHELPS: "We started in your domain."

JUSTIN THOMAS: (LAUGHS)

MICHAEL PHELPS: "So welcome to a place where I've spent a lot of time."

MICHAEL PHELPS: "In order to be able to do something great you have to do things that people aren't willing to do."

MICHAEL PHELPS: "When I think back throughout my career everything was done with a purpose."

MICHAEL PHELPS: "My whole career was underwater, so that's where my comfort was."

MICHAEL PHELPS: "Now I'm trying to take this to a golf course where I'm trying to feel all four corners of my feet."

MICHAEL PHELPS: "I have to be engaged here (points to head)."

MICHAEL PHELPS: "Every single day I'm in the zone. I'm psycho when I come in here."

JUSTIN THOMAS: "Yeah."

MICHAEL PHELPS: "Because I know this is going to help me."

NATS: "Bring this elbow in"

JUSTIN THOMAS: "I was very happy that you took it easy on me. I thought we were going to go in there and you were just going to try to totally embarrass me. But I do appreciate from one, you know, athlete to a golfer that you were you were nice to me. That's going to help with the golfer athlete rep that we have."

MICHAEL PHELPS: "All my stuff now is based around golf."

MICHAEL PHELPS: "Now I'm trying to make those muscles a lot bigger because I didn't have to use some of those muscles when I was swimming. It's teaching myself different motions, different movements."

JUSTIN THOMAS: "It's cool to me because Michael being as involved and interested in learning golf as he is now and wanting to get so much better at it and perfect it. He's going through a lot of the stuff that I went through obviously at an extreme different level."

JUSTIN THOMAS: "You're not going into the gym and doing the same workouts you did training for the Olympics versus what you're doing for golf."

MICHAEL PHELPS: "I can turn and have that ability to go beyond, but it's finding that balance."

JUSTIN THOMAS: "It's a lot about getting your t-spine moving, glutes, and hips, lower back and for me sometimes I get tightness in my shoulders which for me is huge for getting into a good spot at the top of my swing so getting that rotation."

THOMAS NAT: "You can see it's resisting you. PHELPS: "Oh gosh, yeah."

JUSTIN THOMAS: "We're both working on core. On our flexibility."

JUSTIN THOMAS: "This is actually what I do in my warm-up. I'll get it in a good spot. My tendency in my swing is once I get to here I start going this way and that's when I get across and when I get underneath so like I'm trying to get it here trying not to keep this tucked and this is just muscle memory and getting a spot that I'm used to."

MICHAEL PHELPS: "That's keeping your shoulder blades stable right?"

JUSTIN THOMAS: "Yeah."

JUSTIN THOMAS: "My trainer and I do a lot of resistance training. Things going the opposite way of the direction I'm going."

MCHAEL PHELPS: "Everyday you're not going to feel like a million bucks. You're going to wake up and some days want to hit snooze and roll back over but again if you want that goal that's all the way on the other side of the room you have to start by getting out of bed that day."

THOMAS NATS: "That's all really good."

MICHAEL PHELPS: "So two different athletes, right. Two different sports."

JUSTIN THOMAS: "Very similar bodies. You know, clearly."

JUSTIN THOMAS: "I don't know why everyone is laughing so hard."

JUSTIN THOMAS: "What I do isn't going to be the same thing that Jordan Spieth does or Rickie Fowler or Patrick Cantlay. Everybody has their way that and their bodies are all different."

MICHAEL PHELPS: "We're just figuring out what we need for us to be what we're trying to be, whether that's a retired athlete or one of the best golfers in the world."

JUSTIN THOMAS: "2.1"

MICHAEL PHELPS: "I guess the retired athlete just had a shave. 4.6."

MICHAEL PHELPS: "I was talking a lot more. "

JUSTIN THOMAS: "You did. You talked a lot more. I'll give him that."

**Ice Bath**

THOMAS NAT: "Having these last couple weeks off I've pretty much trained every day for two weeks in a row. Trying to get everything in a good spot to keep that stamina up. Ice tub? Yeah I love Ice baths."

THOMAS NAT: "I feel the best form of recovery. Although it doesn't look good when you're looking at it is an ice bath."

THOMAS NAT: "I guess I'll just fill the rest of. Yeah. Let's just go in yours. Cheers. What do you think this is? 50 something high fifties."

PHELPS NAT: "I would say mid 50 to 3 four somewhere in there. Um, I'm kind of like a human thermometer. I spent a lot of time in water. I'll take his word on that one."

PHELPS NAT: "I want to be the best version of myself every single day. And to be able to do that, I have to be taking care of myself. Right. Because if my glass is half full, I'm not able to be the best person that I can be."

THOMAS SOT: "If you're doing the training and working out and everything else, but you're not willing to take the time and effort to get back to square one or get to a good equilibrium / that's when you go down a rabbit hole that / ends up leading to more negativity than positive in your own well-being."

PHELPS SOT: "If our body is a Ferrari or a racecar, and we're asking it to perform at the highest speed every single day. If you're putting unleaded in there, is that gonna run? No. Right. So if our body is that unbelievable machine then we have to sleep, we have to recover. We have to do all of these things to allow ourselves the chance and the opportunity to perform at the highest level."

PHELPS SOT: "I'm sure you have times where you're so tired and exhausted from practice all you want to do is, like, curl up in bed. Yeah. And you're like, well, you know, if you don't do X, Y or Z, then the chance of you being able to turn that car and go full speed tomorrow is almost zero. No doubt."

THOMAS NAT: "I know for me to feel better the next day, I need to do what I do every night and have an ice bath, especially during tournaments. It's almost a nice getaway. You're by yourself. You're just there with your thoughts and everything goes numb and then you get out."

PHELPS NAT: "I used to live such a regimented life now it's trying to figure out what works for me. I'm not I'm not trying to become a 23-time Olympic gold medalist I'm trying to become the best dad, the best husband, the hardest worker the best me that I can be."

PHELPS SOT: "All these stories about me eating 10,000 calories. Yeah, it's real. But / it was a job. Mm hmm. / Swimming 100,000 meters a week. Recovery is the only way / if you want a chance to be the best and you're not recovering, then you're selling yourself short."

THOMAS SOT: "It really is just making the best out of the situation, the scenario that you're given. My career and my mind is a long way from over and I would like to think and hope I'm I have not reached my peak in golf it's something that you're always working and striving for until that time is finally done."

**Corn Hole Rollout**

THOMAS NAT: "We've done my sport. We were in your comfort zone so let's go here. No no no no, we're staying away from the pool. It's Your size pool though. No kiddie pool jokes. We could do something that we're both probably not very good at and out of both of our comfort zones. I don't know how much cornhole that much should be in my my tailgating days at Alabama."

PHELPS NAT: "Oh, oh bingo. I knew that was gonna happen."

THOMAS NAT: "That was a very fitting ending and you talking about how you can rise to the moment we get it. You're good at sports and all that stuff but a lot of fun that I do. Have good. You got it."