

PRE-TOURNAMENT INTERVIEW
December 3, 2019



GARY WOODLAND

JACK RYAN: We'll go ahead and get started here with Gary Woodland. Gary, if you could, just give an opening comment on making your start here at the Hero World Challenge.

GARY WOODLAND: Yeah, excited to be here. Obviously this is a great event for us. You're playing against some of the top players in the world, 18 of them for that matter. It's close to home, too. Coming down here for the Bahamas first time for me bringing my whole family to a golf tournament, so that was an adjustment this week. Excited to be back here. I've vacationed down here at this place, I enjoy the golf course. Hopefully the wind doesn't blow too much and we can have a fun week.

JACK RYAN: And you've talked about it over the last few weeks, your excitement for playing in next week's Presidents Cup.

GARY WOODLAND: Yeah.

JACK RYAN: How cool was it to be this field. You mentioned 18 of the top players in the world, but 11 of them on the United States Presidents Cup team, that must be pretty cool for you guys.

GARY WOODLAND: It's awesome obviously to come down here. The International team, I think most of them are playing in Australia this week. So nice for us to come and kind of get together and start talking a little bit, but next week's exciting for me. It's my first team event. It's been a long road. Tried to make a lot of teams and haven't done it. So for me to get through this year, obviously I needed a pick but to get that pick and get the call, I'm excited about it. Hopefully go down there and make a lot of points.

Q. You guys have been playing some little two-man teams down in south Florida. How's that been? I think maybe you and Rickie were a team?

GARY WOODLAND: Yeah.

Q. What's that like with an eye toward next week?

GARY WOODLAND: It's been fun. You want to get out there and obviously mess around with other people's golf balls as well. It's one event where we're sometimes not playing our own golf ball, but it's nice just to be with the guys. I live 45 minutes south of them. I've lived down there for three years and I've never been up there to play with any of them, so that kind of brings some more out. We all got together -- you know, usually we have friends, we

have families, whatever we're doing. We don't get together that much to play and we had five guys on Saturday, five guys on Sunday, and we're needling each other that week. Next week we'll be together, but this week was a lot of fun to get together and battle it out with those guys.

Q. I'm writing a piece about fitness and specifically about nutrition. I'm curious how you incorporate nutrition into your workouts whether you're at home or on the road. I mean, the running joke obviously with middle-aged golfers, guys who are kind of out of shape, do you train like an athlete, do you train like a golfer and how does nutrition fit in with that?

GARY WOODLAND: Well, I train -- one, I train for me. So my body, I work with some biomechanic guys that have trained some of the top athletes in the world and they put a program together for me. So it's not specifically for golf, it's for me to be able to do any movement I want to do and to make sure my body's healthy enough to do those movements.

Nutrition's a huge part. I don't eat as healthy as I would like to, that's one of the biggest downfalls I would say, but I do eat on the golf course. I do make sure I'm getting my nutrition on the golf course and I do eat healthy at home. I travel so much, I don't eat great on the road.

I don't eat fish, which would probably help me out if I got a little more healthy with that stuff. I think nutrition's a huge deal, especially on a golf course coming down the last four, five holes. You need stuff in your body. We're out here today five and a half hours, you're out there playing a round, you've got to have stuff in your body, fuel to be able to not only physically do the things, but mentally more than anything, you've got to fuel your body so your mind's in the right place.

Q. What's the challenge at night? You come home, you're on the road?

GARY WOODLAND: Yeah, prime example like U.S. Open. I mean, I was doing -- by the time I got -- we didn't tee off until 3:00. By the time I got done practicing, with media, I wasn't eating dinner until 10:00 at night. You know, I'm eating room service, by that time it's late to get out, so you're just trying to get enough stuff in your body. Usually it's a lot of protein at night so you're not adding too much to your body, but your body can burn it through the night. Trying to stay away from too much carbs I guess at night late, just trying to make sure your body's in the right spot for the next day.

Q. What are the twins now, three?

GARY WOODLAND: They're four months old yesterday.

Q. What's that been like coming out first time on the road with them?

GARY WOODLAND: It was a lot. We got to the airport and I didn't realize all three car

seats were going to come and the stroller and just everything that came with it. We didn't have enough room on the plane so we had to improvise a little bit when we got down here. It's just you just don't realize what comes with traveling with three kids under the age of two. It was a lot. We got down here, we made it. It was only a 30-minute flight, which was nice, but there's some adjustments we'll be ready to make.

Q. How did you improvise?

GARY WOODLAND: We called Steiny and Brittany down here and they made sure car seats were waiting for us when we got here because they weren't going to fit on the plane. We came without a stroller, so we'll do a little more golf cart rides to get the babies to sleep. I was not ready for all of that, I promise you that.

Q. You said you won the World Cup?

GARY WOODLAND: Yeah, I won the World Cup.

Q. So the team event like Presidents Cup is different than that?

GARY WOODLAND: Yeah.

Q. How can you describe this ambiance having more players?

GARY WOODLAND: The formats are the same. Obviously Kuch and I played two days alternate shot, two days best ball. We wore red, white and blue representing our country, which was awesome. It was in China, so we went a long way over there to do that, and we played great. We ended up being -- we beat some good teams that week. That was fun.

It's nice to have a partner. I think you can play more aggressive, you can rely on him for certain things. It will be nice with 12 guys, especially with Kuch being my partner. Kuch talks more smack than anybody out here, so I was the brunt of it for a whole day. Now I've got 10 other guys I can talk with and team up on Kuch.

But I'm excited, I'm excited to get in that team room, I'm excited to get in that atmosphere. I think it helps me being my first team cup, being on the road. Being down in Australia, I don't have to worry about tickets, I don't have to worry everything that comes with everybody in the States. I can go down there and hang out with the guys and focus strictly on golf and hopefully go out and have a great week.

Q. Gary, it seems like every month you get one or two come back stories on Tour where a guy hasn't won in a long time, Brendon Todd being the latest example. You were that guy when you won in Phoenix, it's been almost five years. How do you account for so many comeback stories out here? Is it just that golfers are hard headed, or is golf a particularly streaky sport where guys just are in and out of form.

GARY WOODLAND: Well, we're all hard headed, yes, I agree with that. It's just the game's hard, but I don't think you ever lose it. I think it's in there, it's just a matter of when can you find it. It's kind of like getting stuck in the woods and you've sometimes got to find your way out.

B-Todd's an awesome story. We're the same age, we've played a lot of golf around each other. He's a great guy. He was stuck there in the woods for a little bit. He's out. I mean, what he did for three straight weeks is phenomenal. I hope it stays with him and I hope he's out here forever. Like I said, he's a great guy, great family.

But it's awesome to see those comeback stories. Obviously I went five years without winning, that was a long time. Now I've won the last couple years, which is nice, but now it's how do you take that next step and how do you win multiple times and get away from that.

Tiger not winning a major for 10 years and comes back and wins Augusta, like I said, you never lose it, it's in there, it's just a matter of finding it. Sometimes that's harder than -- most of it's probably not golf stuff, too. Staying healthy and a lot of stuff off the golf course. I don't think it ever leaves you, it's just a matter of making sure you find it.

Q. A handful of starts for you in the fall, two top-5s. Going into next week, playing obviously this week, are you looking to fine tune any part of your game for the Presidents Cup?

GARY WOODLAND: Yeah, I mean, next week from what I've heard -- I've never been to Royal Melbourne. I've heard it's one of the greatest golf courses in the world, firm and fast. So I think this golf course is great this week. One, I'll be hitting a lot of drivers off the tee, which won't happen next week, but the iron and the wind, you'll be moving the golf ball a lot this week. Next week in Australia you can get a lot of wind down there, so I think you'll be tightening up the short game. Tightening up the iron play's a huge deal, especially in alternate shot, you want to make sure you're setting your partner up in a good spot, and then any time you can get that putter hot and roll with it for a long time is a good thing.

Q. When you're working on your body and you're working on your swing, how cognizant are you of sort of longevity, the swing that can evolve with you as you get older, get into your late 30s, get into your 40s? Is that something that's front of mind in how you train and how you work on your swing?

GARY WOODLAND: I mean, that's definitely how you train. I'm 35 now, my whole deal is train to stay healthy. I mean, I've trained to stay out here for a long time.

The whole deal with the body, I don't know about the golf swing so much. My golf swing over the years will slow down, it will maybe get a little bit longer than it is, but with that I can adjust the equipment. The technology now is amazing. I can get a lighter shaft, so I can pick up speed that way.

The biggest thing for me is training to stay healthy and make sure my body's able to come out and perform the golf swing over and over again.

Q. You had some issues with your back in the past and how about now, how do you feel?

GARY WOODLAND: I feel great. I've been with my trainer now for three and a half years in Miami, David Alexander. He's worked with everybody from LeBron to D Wade to Chris Paul to every football player out there it seems like as well. So he's helped me understand what I need to do to stay healthy, how I need to train. I travel with guys on the road to make sure I'm getting work in. I'm going to go get work in tonight, just make sure my body's functioning tomorrow and that's a big deal. The older you get, it's not as easy as it used to be, so I'm making sure I'm getting the right --

Q. Zero pain?

GARY WOODLAND: No, no pain. I'm feeling good.

JACK RYAN: Gary, we appreciate the time and good luck this week.