

PRE-TOURNAMENT PRESS CONFERENCE
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LUDVIG ÅBERG

MODERATOR: We would like to welcome Ludvig Åberg to the interview room at the Farmers Insurance Open.

Ludvig, you're making your third appearance at the Farmers Insurance Open, but you're in an interesting position as kind of the defending champion of Torrey Pines South Course after winning the Genesis Invitational here.

Can you just share some thoughts about how you feel going into the week on a course that you've won on before?

LUDVIG ÅBERG: Yeah, I was playing with Harris English last week and we were both kind of saying that it's -- we're both sort of defending champion next week, so it was a little weird.

But yeah, looking forward to it. Obviously had a little hiccup over the weekend where I wasn't feeling very well, but back obviously playing and feeling a lot better so looking forward to it.

MODERATOR: And you had a chance to play the pro-am this morning. How's the course setting up for you?

LUDVIG ÅBERG: Yeah, it's good. South is always tough. The rough is definitely up, the firmness of the greens are good and it will be a good test.

I thought North, the greens were doing really firm, firmer than last year I think. But so yeah, you'll have to play well over there and hit the shots if you want to put a good score in.

Q. Is this a course where you have to be a big hitter to have any chance? And the second part to that question is, have you found any course on this tour or the European Tour that you felt you weren't a good fit for and didn't think you could win?

LUDVIG ÅBERG: That I didn't think I could win?

Yeah, I think if you look at the past winners here and guys who have had a lot of success on this golf course, you tend to see higher ball speed drivers and you tend to see guys that have the high ball flight with the irons because the South gets really hard, the rough is definitely up and it's just a good golf course.

So do I feel like that fits my game? Probably. And I like the way that it looks, visually it looks nice to me. Did that have anything to do with me winning last year? Maybe, I don't know, but you still have to hit the shots. Whether you like it or not, you still have to be on the correct



sides of these holes and hit the fairways, and if you don't do that, you're going to struggle.

But yeah, obviously I do like it here and I'm looking forward to the next couple days.

Q. So you withdrew with an illness last week, correct?

LUDVIG ÅBERG: Correct.

Q. I mean, it was a year ago that you also had an illness. Do you need to like up your zinc every January?

LUDVIG ÅBERG: Yeah, it was almost like literally to the day a year ago that I was struggling over here. Yep, don't know what it is, something in the California water. I don't know, that's maybe I should stay away from next year.

Q. Obviously most of your first year and a half we asked you all your questions about your swift rise and how you were able to excel so quickly. I'm curious what you learned from year two when maybe there were stretches at points last year when it wasn't going to plan and kind of what you learned from that?

LUDVIG ÅBERG: Yeah, definitely. I felt like '25 for me was a great year in terms of realizing structure and realizing things that work for me and things that doesn't work for me in terms of my training, practice, preparation.

Like you said, the first couple of years or first year you just kind of do everything on the go and on the fly. I felt like last year it gave me a lot of knowledge in terms of what direction I really want to go and how do you want to structure off weeks and, you know, all those kind of things that I felt like I took away a lot from last year.

And those things aren't necessarily going to translate into results right away, but it's definitely going to give me a sort of a foundation I can rely on.

Q. If you don't mind, what's an example of like a shift you made that you learned?

LUDVIG ÅBERG: Yeah. So like off weeks for me in '25 looked very hard. You know, long days, lots of practice, lots of play, so sort of early mornings.

And the change that I've done for this year, at least the start of this year, end of last year is that I just don't do that. I take it a little lighter, make sure that I have the energy because it is a long year on Tour. You play 25 to 28 events and when you have an off week, yes, you do need to practice obviously, you do need to play and prepare but you don't need to beat yourself down. I do need to work out and I do need to do those things, which I enjoy and I like, but I feel like come Saturday, Sunday of an off week, you need to have the energy as well for a tournament stretch coming up.



So that will be one thing that I could take away, but yeah.

Q. Just when you think back to a couple of tournaments here last year separated by three weeks or whatever it came out to be, what do you remember being the biggest difference in how the South Course played from the Farmers to the Genesis?

LUDVIG ÅBERG: Yeah, I remember Genesis, it was raining early in the week so it was playing a little bit longer. The rough was a little bit lush.

But I feel like they were quite similar. I mean, I know we had one day at the Farmers where it was really windy. It was 35-mile-an-hour winds, but I felt like they were quite similar.

Obviously this week you play the North Course as well, which kind of changes things a little bit, but it's such a true test of golf and a really nice golf course to play.

Q. I'm curious, you're still kind of new into your Tour career and with guys like Brooks Koepka, and then today Patrick Reed announced he was going to be coming back towards the end of this year, early next year, what's kind of your thoughts on the players returning from LIV Golf and coming back to join the PGA TOUR?

LUDVIG ÅBERG: Yeah, it was -- we were just talking about it before. I almost missed those guys because I turned pro in '23, so right as I kind of came up playing PGA TOUR they had already left.

Yeah, I do understand certain situations are going to be a little bit different, everyone's going to view it a little bit differently and I think everyone's going to make the best decision for their personal career.

When it was an option for me, I didn't like it. It wasn't anything that I wanted to be a part of, so naturally for me in my position that wasn't going to be the case.

And yeah, absolutely, you know, guys are doing it -- if you're doing it the right way and you want to come back, I have no problem.

Q. Is this the hardest course you play on Tour each year and why?

LUDVIG ÅBERG: Yeah, it's definitely top 3, I think. I think like a Bay Hill when it gets really firm is tricky in its own way, you get a little bit more penalty, firmer greens.

But it's definitely, in terms of length, rough, fairways, pins, I think it's definitely up there. But Memorial can get really hard, or Muirfield Village. Play a lot of hard golf courses.

Q. Sticking with the course design, you're talking about the greens playing fast, do you happen to have a particular favorite green site or like a green that really dictates the strategy of the hole that stands out for you?



LUDVIG ÅBERG: A green --

Q. People talk about the length obviously out here a lot here. I'm wondering if there's a green site or a green pin location even that really dictates the strategy?

LUDVIG ÅBERG: Yeah, I think in general correct sides are very important on the South Course. I think if you have a right pin, you want to stay a little left. If you have a left pin, you want to say a little right. The greens aren't massive so if you are on the right portions and you are on the right sides, that's how you saw Tiger win here eight times, he was really good at those things and that's why you see those guys have success.

Q. I was just thinking, there's so much depth in golf these days but I think Scottie has been No. 1 in the world as long as you've been -- as long as you've been a pro, I think.

LUDVIG ÅBERG: Yeah, I think so.

Q. What have you seen in terms of trying to reach that, catch him? I know you're not competing only against him for the week, but how you would measure yourself against him and has it looked at times farther away than it might actually be?

LUDVIG ÅBERG: Yeah, I think obviously the last couple years Scottie's been the benchmark in basically virtually every strokes gained category that you kind of look at. Yeah, if you play with him, you can sort of see what that looks like firsthand, which has been great for me to see.

I don't really, you know, use the terms trying to chase him, trying to -- you know, if I can focus on myself and see improvements in my own game, I think that's all I can do.

But yeah, what Scottie's been doing is quite remarkable. Obviously since I turned pro he's been World No. 1, and the way he's going it looks like he's going to be that for a while going forward, too.

MODERATOR: If there's no further questions, we'll let you go. Good luck this week.

