

Gold Elite Work Out

Revised 02 05 2019

<i>WEEK DAY MORNINGS</i>	
<i>Mon Tue Thu Fri</i>	<i>6:00 - 7:15 AM</i>

<i>WEEK DAY EVENINGS</i>	
<i>Mon Tue Wed Thu</i>	<i>7:05 - 8:15 PM</i>
<i>The Evening Gold Elite Work Out is a combined Work Out with Base Work out group. Please exit pools by 8:30 PM. Locker Room Lock 9PM</i>	

<i>WEEKENDS</i>	
<i>Sat</i>	<i>10:00 - 11:30 AM</i>
<i>Sun</i>	<i>9:00 - 10:30 AM</i>

Requirement for Swimming in this Group:

Gold Elite uses interval bases of between 1:20 to 1:30 per 100 yards consistently swam for multiple repetitions - Approximate. 4600-5400 Yard Workout. (50 Meters per 100 meters 1:30 to 1:45 Bases)

A word about the Gold Elite Work Out

This is our high-end work out, and, in general mostly just the morning week day work out; Evenings and Weekends are a combined work out with several levels of intervals used. Whereas the Gold Elite uses only two interval bases. Evening Coach will adjust to your training needs within the space limitations or work out size.