

DC WAVE SWIM TEAM TRAINING GROUPS AND SCHEDULE

TRAINING GROUP	TRAINING SITE	WORKOUT TIMES	TRAINING CRITERIA	AVERAGE WORKOUT YARDAGE	MINIMUM WORKOUTS PER WEEK
BRONZE	<i>Rumsey Aquatic Center</i>	Monday-Friday 5:00-7:00 pm	1 x 25 Free; 1 x 25 Back	1,800 +	2
SILVER 1	<i>Takoma Aquatic Center</i>	Monday-Friday 6:00-8:00 pm Saturday 7:00-9:00 am	4 x 100 Freestyle on 2:00.00; 4 x 100 IM on 2:20.00	3,000 +	3
SILVER 2	<i>Takoma Aquatic Center</i>	Monday-Friday 6:00-8:00 pm Saturday 7:00-9:00 am	4 x 200 Freestyle on 3:10.00; 5 x 100 IM on 1:45.00	4,500 +	4
SILVER 3	<i>Deanwood Aquatic Center</i>	Monday-Friday 6:00-8:00 pm Saturday 7:00-9:00 am Monday-Friday 5:00-7:00 am	4 x 200 Freestyle on 2:45.00; 4 x 200 IM on 3:15.00	6,000 +	5
GOLD	<i>Deanwood Aquatic Center</i>	Monday-Friday 6:00-8:00 pm Saturday 7:00-9:00 am Monday-Friday 5:00-7:00 am	4 x 200 Free on 2:15.00; 4 x 200 IM on 2:45.00	7,000 +	6

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