



Thank you for your interest in Trident's U.S. Master's program! Our professionally led workouts are designed to help swimmers achieve one or more of the following goals: overall fitness and stroke improvement, triathlete preparation, and/or preparation for U.S. Master's competitive swim meets.

Every workout is coached, with carefully designed training to help every Master's swimmer progress with every swim. Our competition pool is outfitted with world class filtration and temperature control to ensure crystal clear, super clean water, and great air quality. Our pool's technology includes several assets to help fast-track a swimmer's training. For example, every lane is equipped with an LED pace light system (built into the black line on the bottom of the pool), and an underwater video system provides swimmers immediate feedback of their stroke.

Most often, workouts are designed to maximize certain target metrics, such as heart rate levels, skill yardage, building endurance, overall yardage and pace work. Separately, Trident's coaches offer private stroke analysis, using our proprietary technology. These one-on-one or skill-specific small clinics can be arranged with any coach, and will take place outside of our standing workouts. On a one-on-one basis, coaches are also available to assist athletes in their season's macro and micro training plan, to help ensure every day spent training advances swimmers one step closer to their objectives.

For swimmer's whose goals should include drylands strength and conditioning, our gym is purpose-built for swimmers and triathletes. providing the platform for world class training for athletes looking to excel in the pool or open water. Members may work out in our gym on their own, or work with an experienced trainer. (Specific hours apply each day).

### **Practices**

Tuesday and Thursday, 6:30 - 7:45pm

Saturday, 11:30am - 12:30pm



*Swimmers are always invited to drop in to try one of our workouts, or to observe and visit with a coach!*

### **Masters Membership: \$65/month**

*Includes 3 coached workouts per week.*

*(\*Excludes swim team training session time blocks. All hours are posted on our website)*

*Master's members are provided unlimited access to all lap swim and gym sessions each day.*

*For more information, or to schedule a visit to a Master's swim, email Coach Sean: [Sean@TridentAquatics.Club](mailto:Sean@TridentAquatics.Club)*

*All Master's members are required to register with U.S. Masters on an annual basis.*