

Run Live Goes

Revision 2026-10-11

Set go length, break, rounds, and music, then run Live Goes drill rounds.

Live Goes runs timed go rounds with breaks between them.

Set up the drill

1. Tap **DRILL TIMERS**, then **LIVE GOES**.
2. On **GO DURATION**, pick **30 Seconds**, **1 Minute**, **2 Minutes**, or **3 Minutes**, or use **Custom** for **SET CUSTOM TIME**.
3. On **BREAK LENGTH**, pick **5 Sec**, **10 Sec**, **15 Sec**, **30 Sec**, or **1 Min**.
4. On **NUMBER OF ROUNDS**, pick **CONTINUOUS (UNTIL STOPPED)** or a number of **ROUND / ROUNDS**.
5. On **ARENA MUSIC**, pick a playlist or **No Music**.
6. On **READY TO START**, tap **START**.

During the session

1. The session header shows **LIVE GOES**.
2. Between rounds, the break label shows **Break**.
3. Use the shared timer controls to pause, resume, reset, or exit. If you opened the drill from Practice, the exit control may say **End Drill**.