

# Carleton Masters Plan Fall 2017

V1.1

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Special Sets	Notes
<b>September</b>								
1	4	5/6	7/8	Lynn 9	body pos'n	free		<i>Interim Workout: Tue Sept 5th 6:00-7:15pm</i>
	11	12/13	14/15	Mark 16	head pos'n	free/breast		<b>Fall Session Starts: Wed/Thu/Sat Sept 6th/7th/9th</b>
2	18	19/20	21/22	Tim 23	hand pos'n	breast/back		
3	25	26/27	28/29	Blake 30	distance per stroke	back/fly		
4								
<b>October</b>								
5	2	3/4	5/6	Lynn 7	accelerate thru stroke	fly/turns		
6	9	10/11	12/13	Mits 14	stretch out in front		Thu/Fri: 400 TT	<b>No workouts Mon Oct 9th (Thanksgiving)</b>
7	16	17/18	19/20	Sean 21	legal turns		Thu/Fri: 2 x 50 TT	
8	23	24/25	26/27	Mark 28	efficient kick		Tue/Wed: fin day	
<b>November</b>								
9	30	31/1	2/3	Lynn 4	underwater push offs		Mon: 200 TT	
10	6	7/8	9/10	Mits 11	pacing			
11	13	14/15	16/17	Mark 18	use the pace clock		Mon: 1500/800 TT	
12	20	21/22	23/24	Blake 25	fast turns		Thu/Fri: fin day	
<b>December</b>								
13	27	28/29	30/1	Sean 2	streamlining		Tue/Wed: 100 TT	
14	4	5/6	7/8	Tim 9	perfect technique			
15	11	12/13	14/15	Mits 16	distance per stroke			
16	18	19/20	21		easy speed		Wed/Thu: "funner" day	<b>Fall Session Ends: Sat/Wed/Thu Dec 16th/20th/21st</b>

<b>Key:</b>	<b>Workout Theme Key:</b>	<b>Regular Coaches:</b>
	<b>Themes:</b> <b>short =</b> short distance = most repeats 150m or less <b>mid =</b> mid-distance = most repeats 100-300m <b>long =</b> long distance = most repeats 200m or more <b>fs =</b> most repeats freestyle [front crawl] <b>IM =</b> most repeats Individual Medley [fly, back, breast, free] <b>ch =</b> most repeats choice of stroke(s)	Earlybirds 7:30-8:30am / 8:30-9:30am MWF (deep): <b>Lynn</b> Whitecaps I 6-7:10pm M (shallow), TuTh (deep): <b>David</b> (Mon/Tue); <b>Sean</b> (Thu) Whitecaps II 7:10-8:10pm MTuTh (shallow): <b>David</b> (Mon/Tue); <b>Sean</b> (Thu)
		<b>Saturday (shallow): Coach schedule above</b> Saturday Earlybirds: 8:15-9:25am