

Carleton Masters Plan Fall 2019

V1.2

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

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