

Carleton Masters Plan Fall 2020 Part 1

V1.2

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Special Sets	Notes
September	14	15/16	17/18	Lynn 19	body pos'n	N/A	N/A	Fall Session 1 Starts: Mon/Sat Sept 14/19th
1	short ch	mid IM	long fs	short ch				
	21	22/23	24/25	Sean 26	distance per stroke	N/A	N/A	
2	short fs	long IM	mid ch	short fs/IM				
October	28	29/30	1/2	Lynn 3	accelerate thru stroke	N/A	N/A	
3	mid IM	short ch	long fs	short IM/ch				
	5	6/7	8/9		stretch out in front	N/A	N/A	No workout Sat Oct 10th (Thanksgiving)
4	mid ch	short fs	long IM					
	12	13/14	15/16	Sean 17	legal turns	N/A	N/A	No workouts Mon Oct 12th (Thanksgiving)
5		mid IM	short ch	mid fs				
	19	20/21	22/23	Tim 24	efficient kick	N/A	N/A	
6	short IM	long ch	mid fs	short ch				
	26	27/28	29/30	Adrian 31	underwater push offs	N/A	N/A	Fall Session 1 Ends: Thu/Fri/Sat Oct 29/30/31st
7	long IM	short fs	mid ch	short fs/IM				

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 1 and 2: 7:45-8:45am MWF (whole pool) / 9:00-10:00am MWF (deep): Lynn Whitecaps 1: 6:45-7:45pm MTuTh (whole pool): Sean (Mon); David (Tue); Sean (Thu) Whitecaps 2: 8:00-9:00pm MTuTh (shallow): Mark (Mon); David (Tue); Mark (Thu)
		Saturday (shallow): Coach schedule to be added above Saturday Earlybirds: 7:45-8:45am