

Carleton Masters Plan Spring/Summer 2017

V1.4

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Special Sets	Notes
May	1 mid ch	1 2/3 short IM	4/5 long fs	6 Mark short ch	body pos'n	free		Spring Session starts Mon May 1st
	2 long IM	8 9/10 mid fs	11/12 short ch	13 Tim short/mid IM	head pos'n	breast		
	3 short fs	15 16/17 long ch	18/19 mid IM	20 Rachael short fs/ch	body roll	back		Sat May 20th: 10:45-11:55am
	4	22 mid IM	23/24 long ch	25/26 Sean short/mid fs	arm recovery	fly	Thu 25th/Fri 26th: fin day	No workouts: Mon May 22nd (Victoria Day)
June	5 long IM	29 30/31 short ch	1/2 mid fs	3 Mark short IM/ch	legal turns	turns	Thu 1st/Fri 2nd: 400 TT	
	6 mid ch	5 6/7 long fs	8/9 short IM	10 Lynn short/mid ch	efficient kick		Tue 6th/Wed 7th: 200TT	
	7 long fs TT	12 13/14 mid ch	15/16 short IM	17 Sean sh/mid fs/ch	arm pull		Mon Jun 12th: 800/1500 TT	
	8 mid IM	19 20/21 short fs	22/23 long ch	24 Sean sh/mid IM	dps		Thu 22nd/Fri 23rd: 50 & 100 TT Spring Session ends Fri Jun 30th (Mon Jul 3rd for Saturday swimmers)	
July	9 short ch	26 27/28 mid IM	29/30 short fs	1	fast turns		Thu Jun 29th/Fri Jun 30th: fun day	No workouts: Sat Jul 1st (Canada Day) Summer Session starts Tue Jul 4th
	1 Lynn mid/ing ch	3 4/5 short IM	6/7 mid fs	8 Blake short ch	good push offs	(free optional)	Mon Jul 3rd 12:15pm Spring Reminder: Summer Saturdays are included for 7:30am/6pm swimmers	Mon Jul 3rd 12:15pm Saturday make-up swim
	2 long IM	10 11/12 mid ch	13/14 short fs	15 Sean short ch/IM	finish ea stroke	(breast optional)	Mon 10th: 400 TT	Jul 8th to Sept 2nd: Saturdays: 12:15-1:25pm (no 8:30am or 7:10pm workouts in summer)
	3 short IM	17 18/19 long fs	20/21 mid ch	22 Tim short fs/IM	legal finishes	(back optional)	Mon 17th: 50 & 100 TT	
August	4 mid IM	24 25/26 short ch	27/28 mid fs	29 Mark short ch	use the pace clock	(fly optional)		
	5 mid ch	31 long IM	1/2 short fs	5 Sean short/mid IM	pacing	(turns optional)	Thu 3rd/Fri 4th: fin day	No workouts: Mon Aug 1st (Civic Holiday)
	6	7 mid IM	8/9 long fs TT	12 Mark short ch	stretch out in front		Thu 10th/Fri 11th: 800/1500 TT	No workouts: Mon Aug 7th (Civic Holiday)
	7 mid fs	14 15/16 short IM	17/18 long ch	19 Lynn short fs/ch	perfect technique		Tue 15th/Wed 16th: 200 TT	
September	8 long IM	21 22/23 mid ch	24/25 short fs	26 Blake short IM/ch	easy speed			
	9 long fs	28 29/30 mid IM	31/1 short ch	2 Lynn short fs/IM	streamlining		Thu 31st/Fri 1st: fun day	Summer Session ends Sat Sept 2nd

<p>Key:</p> <p>Themes:</p> <p>short = short distance = most repeats 150m or less</p> <p>mid = mid-distance = most repeats 100-300m</p> <p>long = long distance = most repeats 200m or more</p> <p>fs = most repeats freestyle [front crawl]</p> <p>IM = most repeats Individual Medley [fly, back, breast, free]</p> <p>ch = most repeats choice of stroke(s)</p>	<p>Regular Coaches:</p> <p>Spring: Earlybirds I 7:30-8:30am / II 8:30-9:30am MWF (deep): Lynn Whitecaps I 6-7:10pm M (shallow) / TuTh (deep): Sean and occasionally Lynn Whitecaps II 7:10-8:10pm M (shallow) / TuTh (deep): Sean and occasionally Lynn</p> <p>Summer: Earlybirds I 7:30-8:30am MWF (deep): Lynn Whitecaps I 6-7:10pm MTuTh (shallow): Sean and occasionally Lynn</p> <p>Saturday Schedule: (usually shallow) Spring: 8:15-9:25am; May 20th: 10:45-11:55am Jul 8th to Sept 2nd: 12:15-1:25pm</p>
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