

Carleton Masters Plan Spring/Summer 2018

V1.6

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Special Sets	Notes
May	7	8/9	10/11	Mark/Lynn 12 short/mid ch	body pos'n			Interim workouts Sat May 12th: 8:05-9:15am and 9:15-10:25am
0	14	15/16	17/18	Blake 19 short ch	body pos'n	free		Spring Session starts Mon May 14th Sat May 19th: 10:45-11:55am
1	21	22/23	24/25	Lynn 26 short/mid IM	head pos'n	breast		No workouts: Mon May 21st (Victoria Day)
2	28	29/30	31/1	Tim 2 short fs/ch	body roll	back		
June	4	5/6	7/8	David 9 short/mid fs	arm recovery	fly	Thu 7th/Fri 8th: fin day	
3	11	12/13	14/15	Mits 16 short IM/ch	legal turns	turns	Thu 14th/Fri 15th: 200 or 400 TT	
4	18	19/20	21/22	Lynn 23 short/mid ch	efficient kick		Tue 19th/Wed 20th: 50 & 100 TT	
5	25	26/27	28/29	Mark 30 sh/mid fs/ch	arm pull		Mon Jun 25th: 800/1500 TT Thu Jun 28th/Fri Jun 29th: fun day	Spring Session ends Sat Jun 30th No workouts: Mon Jul 2nd (Canada Day Holiday)
6	2	3/4	5/6	Sean 7 short ch	good push offs	(free optional)		Summer Session starts Tue Jul 3rd Reminder: Summer Saturdays are included for 7:30am/6pm swimmers
July	9	10/11	12/13	Sean 14 short ch/IM	finish ea stroke	(breast optional)		Jul 7th to Sept 1st: Saturdays: 12:15-1:25pm (no 8:30am or 7:10pm workouts in summer)
1	16	17/18	19/20	Blake 21 short fs/IM	legal finishes	(back optional)	Mon 16th: 400TT	
2	23	24/25	26/27	Mark 28 short ch	use the pace clock	(fly optional)	Mon 23rd pm / Wed 25th: 100 & 50 TT	
3	30	31/1	2/3	Mits 4 short/mid IM	spacing	(turns optional)	Thu 2nd/Fri 3rd: fin day	
August	6	7/8	9/10	Sean 11 short ch	stretch out in front		Tue 7th/Wed 8th: 800/1500 TT	No workouts: Mon Aug 6th (Civic Holiday)
4	13	14/15	16/17	Blake 18 short fs/ch	perfect technique		Tue 14th/Wed 15th: 200 TT	
5	20	21/22	23/24	Mark 25 short IM/ch	easy speed			
6	27	28/29	30/31	Tim 1 short fs/IM	streamlining		Thu 30th/Fri 31st: fun day	Summer Session ends Sat Sept 1st
September	9							

Key:

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)

Regular Coaches:

Spring:
 Earlybirds I 7:30-8:30am / II 8:30-9:30am MWF (deep): **Lynn**
 Whitecaps I 6-7:10pm M (shallow) / TuTh (deep): Mon: **Sean**; Tue/Thu: **David**
 Whitecaps II 7:10-8:10pm M (shallow) / TuTh (deep): **Mon: Sean; Tue/Thu: David**

Summer:
 Earlybirds I 7:30-8:30am MWF (deep): **Lynn**
 Whitecaps I 6-7:10pm MTuTh (deep): **Mon: Sean; Tue/Thu: David**

Saturday Schedule: (usually shallow)
Spring: 8:15-9:25am; **May 19th:** 10:45-11:55am
Jul 7th to Sept 1st: 12:15-1:25pm