

# Carleton Masters Plan Winter 2018

V1.0

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Notes & Special Sets	Notes
<b>December interim</b>	25	Sean 27 Christmas	Sean 28 Hanukkah	Sean 30 Kwanzaa	body pos'n		Interim Workouts: Wed, Thu, Tue Dec 27, 28, Jan 2nd: 6:00-7:15pm and Sat Dec 30th noon-1:15pm: bring \$5 receipt to coach	
<b>January</b>	1	Lynn 2/3 short fs	4/5 mid ch	Lynn 6 short fs/IM	hand pos'n	free		<b>Winter Session Starts: Wed/Thu/Sat Jan 3rd, 4th, 6th</b>
	8	9/10 long ch	11/12 short IM	Blake 13 short fs	efficient kick	free/breast		
	15	16/17 mid IM	18/19 long fs	Mark 20 mid ch	legal turns	breast/back		
	22	23/24 long IM	25/26 mid ch	Mits 27 short fs/ch	underwater pushoffs	back/fly		
<b>February</b>	29	30/31 mid IM	1/2 long fs	Sean 3 short ch	use the pace clock	fly/turns	Mon: fin day	
	5	6/7 mid fs	8/9 short IM	Tim 10 short/mid ch	finish ea stroke		Tue / Wed: 400 TT	
	12	13/14 short fs	15/16 long IM	Mark 17 short fs/ch	stretch out in front			
	19	20/21 mid IM	22/23 short ch	Mits 24 mid fs	streamlining		Tue / Wed: 2 x 50 TT	<b>no workouts Mon Feb 19th (Family Day)</b>
<b>March</b>	26	27/28 long ch	1/2 mid fs	Sean 3 short/mid ch	dps		Thu / Fri: 100 TT	
	5	6/7 mid IM	8/9 long ch	Mark 10 short IM	accelerate thru stroke		Thu / Fri: fin day	
	12	13/14 mid ch	15/16 short IM	Blake 17 short/mid fs	pacing		Thu / Fri: 200 TT	
	19	20/21 long fs TT	22/23 short ch	Mits 24 short fs/ch	fast turns		Tue / Wed: 800/1500 TT	
	26	27/28 mid IM	29 long ch	Lynn 31 short IM/ch	good finishes			<b>no workouts Fri Mar 30th or Mon Apr 2nd (Easter)</b>
<b>April</b>	2	3/4 short fs	5/6 mid ch	Mits 7 mid fs/IM	streamlining			<b>Winter Session Ends: Thu/Fri/Sat Apr 12th, 13th, 14th</b>
	9	10/11 mid fs	12/13 short ch	Tim 14 short IM/fs	easy speed		Thu / Fri: fun day	<b>(pool closes Apr 15th for annual maintenance)</b>

<b>Key:</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)

<b>Regular Coaches:</b>
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)
Saturday Earlybirds: 8:15-9:25am (shallow): <b>Coach Schedule Above</b>