

# Carleton Masters Plan Winter 2018

V1.2

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

|                |   |
|----------------|---|
| <b>Key:</b>    |   |
| <b>Themes:</b> | <b>short =</b> short distance = most repeats 150m or less<br><b>mid =</b> mid-distance = most repeats 100-300m<br><b>long =</b> long distance = most repeats 200m or more<br><b>fs =</b> most repeats freestyle [front crawl]<br><b>IM =</b> most repeats Individual Medley [fly, back, breast, free]<br><b>ch =</b> most repeats choice of stroke(s) |

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| <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>                  |