

Carleton Masters Plan Winter 2020

V1.3

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Notes & Special Sets	Notes
December interim				Mits 21 short ch	easy speed		Interim Workouts: Sat Dec 21st 8:15-9:25am; Mon Dec 23rd 4:45-6:00pm; Sat Dec 28th noon-1:15pm; Mon Dec 30th 4:45-6:00pm	
	Sean 23 short fs/IM	24/25	26/27	Sean 28 short IM/ch	body pos'n		bring \$5 receipt to coach Note that the morning and evening groups run on both Jan 2 and Jan 3	
January	Mark 30 mid IM/ch	Thu 2 (Mark) short fs	Fri 3 (Mark/David) mid ch	Blake 4 short fs/IM	hand pos'n			Winter Session Starts: Thu/Thu/Sat Jan 2nd, 2nd, 4th Drills start Mon Jan 6th
	6	7/8	9/10	Lynn 11 short fs	efficient kick	free		
	13	14/15	16/17	Adrian 18 mid ch	legal turns	breast		
	20	21/22	23/24	Mits 25 short fs/ch	underwater pushoffs	back		
February	27	28/29	30/31	Sean 1 short ch	use the pace clock	fly	Mon: fin day	
	3	4/5	6/7	Mark 8 short/mid ch	finish ea stroke	turns	Tue / Wed: 400 TT	
	10	11/12	13/14	Adrian 15 short fs/ch	stretch out in front			
	17	18/19	20/21	Tim 22 mid fs	streamlining		Tue / Wed: 2 x 50 TT	No workouts Mon Feb 17th (Family Day)
	24	25/26	27/28	Tim 29 short/mid ch	dps		Thu / Fri: 100 TT	
March	2	3/4	5/6	Mark 7 short IM	accelerate thru stroke		Thu / Fri: fin day	
	9	10/11	12/13	Blake 14 short/mid fs	spacing		Thu / Fri: 200 TT	Effective Sat Mar 14th; workouts are cancelled until further notice
	16	17/18	19/20	Mits 21 short fs/ch	fast turns		Tue / Wed: 800/1500 TT	
	23	24/25	26/27	Mits 28 short IM/ch	good finishes			No workouts Fri Apr 10th (Good Friday)
April	30	31/1	2/3	Adrian 4 mid fs/IM	streamlining			Winter Session Ends: Wed/Thu/Sat Apr 8th, 9th, 11th (pool closes Apr 12th for annual maintenance)
	6	7/8	9	Sean 11 short IM/fs	easy speed		Wed / Thu: fun day	

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:
Earlybirds 7:30-8:30am / 8:30-9:30am MWF (deep): Lynn
Whitecaps I 6-7:10pm M (shallow), TuTh (deep): Sean (Mon/Thu); David (Tue)
Whitecaps II 7:10-8:10pm MTuTh (shallow): Sean (Mon/Thu); David (Tue)
Saturday Earlybirds: 8:15-9:25am (shallow): Coach Schedule Above