

## Carleton Masters Plan Fall 2020 Part 1

V1.6

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Special Sets	Notes
<b>September</b>	14 short ch	15/16 mid IM	17/18 long fs	Lynn 19 short ch	body pos'n	N/A	N/A	<b>Fall Session 1 Starts: Mon/Sat Sept 14/19th</b>
	21 short fs	22/23 long IM	24/25 mid ch	Sean 26 short fs/IM	distance per stroke	N/A	N/A	
<b>October</b>	28 mid IM	29/30 short ch	1/2 long fs	Lynn 3 short IM/ch	accelerate thru stroke	N/A	N/A	
	5 mid ch	6/7 short fs	8/9 long IM	10 stretch out in front		N/A	N/A	<b>No workout Sat Oct 10th (Thanksgiving)</b>
	12 mid IM	13/14 mid IM	15/16 short ch	Sean 17 mid fs	legal turns	N/A	N/A	<b>No workouts Mon Oct 12th (Thanksgiving)</b>
	19 short IM	20/21 long ch	22/23 mid fs	Tim 24 short ch	efficient kick	N/A	N/A	
	26 long IM	27/28 short fs	29/30 mid ch	Adrian 31 short fs/IM	underwater push offs	N/A	N/A	<b>Fall Session 1 Ends: Thu/Fri/Sat Oct 29/30/31st</b>

<b>Key:</b>	<b>Workout Theme Key:</b>	<b>Regular Coaches:</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)	Earlybirds 1 and 2: 7:45-8:45am MWF (whole pool) / 9:00-10:00am MWF (deep): <b>Lynn</b> Whitecaps 1: 6:45-7:45pm MTuTh (whole pool): <b>Sean</b> (Mon); <b>David</b> (Tue); <b>Sean</b> (Thu) Whitecaps 2: 8:00-9:00pm MTuTh (shallow): <b>Mark</b> (Mon); <b>David</b> (Tue); <b>Mark</b> (Thu) Starting Oct 13th, <b>Sean</b> will coach all Whitcaps 1 and <b>Mark</b> all Whitcaps 2 Workouts. <b>Saturday</b> (shallow): <b>Coach schedule above</b> Saturday Earlybirds: 7:45-8:45am

## Carleton Masters Plan Fall 2020 Part 2

V1.7

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Special Sets	Notes
<b>November</b>	2 mid IM	3/4 long ch	5/6 short fs	Tim 7 mid fs/ch	pacing	N/A	N/A	<b>Fall Session 2 Starts: Mon/Sat Nov 2/7th</b>
	9 long fs	10/11 short IM	12/13 mid ch	Sean 14 short/mid ch	use the pace clock	N/A	N/A	
	16 short fs	17/18 long IM	19/20 mid ch	Adrian/Lynn 21 short ch/fs	fast turns	N/A	N/A	
	23 mid IM	24/25 short ch	26/27 long fs	Adrian/Lynn 28 short IM/ch	streamlining	N/A	N/A	
<b>December</b>	30 long ch	1/2 short IM	2/3 mid fs	Sean/Lynn 5 mid ch	perfect technique	N/A	N/A	
	7 long IM	8/9 mid fs	10/11 short ch	Adrian/Lynn 12 short fs	distance per stroke	N/A	N/A	
	14 long fs	15/16 mid ch	17/18 short IM	Sean 19 short ch	easy speed	N/A	N/A	<b>Fall Session 2 Ends: Thu/Fri/Sat Dec 17/18/19th</b>

<b>Key:</b>	<b>Workout Theme Key:</b>	<b>Regular Coaches:</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)	Earlybirds 1 and 2: 7:45-8:45am MWF (whole pool) / 9:00-10:00am MWF (deep): <b>Lynn</b> Whitecaps 1: 6:45-7:45pm MTuTh (whole pool): <b>Sean</b> Whitecaps 2: 8:00-9:00pm MTuTh (shallow): <b>Mark</b> <b>Saturday</b> (shallow): <b>Coach schedule above</b> Saturday Earlybirds: 7:45-8:45am and 9:00-10:00am