

Carleton Masters Plan Fall 2022

V1.0

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Special Sets	Notes
September								
1	5	6/7	8/9	Tim 10	body pos'n	free		No workouts Mon Sept 5th (Labour Day) Fall Session Starts: Tue/Wed/Sat Sept 6/7/10
2	12	13/14	15/16	Adrian 17	head pos'n	free/breast		
3	19	20/21	22/23	Sean 24	distance per stroke	breast/back		
October								
4	26	27/28	29/30	Adrian 1	accelerate thru stroke	back/fly		
5	3	4/5	6/7	Sean 8	stretch out in front	fly/turns		
6	10	11/12	13/14	Adrian 15	legal turns			No workouts Mon Oct 10th (Thanksgiving)
7	17	18/19	20/21	Sean 22	efficient kick		Tue/Wed: fin day	
8	24	25/26	27/28	Adrian 29	underwater push offs			
November								
9	31	1/2	3/4	Tim 5	pacing			
10	7	8/9	10/11	Sean 12	use the pace clock		Mon: 1500/800 TT	
11	14	15/16	17/18	Sean 19	fast turns		Thu/Fri: fin day	
12	21	22/23	24/25	Tim 26	streamlining			
December								
13	28	29/30	1/2	Adrian 3	perfect technique			
14	5	6/7	8/9	Sean 10	distance per stroke			
15	12	13/14	15/16	Adrian 17	easy speed			
16	19	20/21	22/23		good finishes		Thu/Fri: "fun day"	Fall Session Ends: Sat/Thu/Fri Dec 17/22/23

Key:	Workout Theme Key:	Regular Coaches:
	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)	Earlybirds 1 and 2: 7:35-8:35am / 8:45-9:45am MWF (deep): Lynn Whitecaps 1: 6:00-7:10pm MTuTh (M/Tu: shallow; Th: deep): M: Sean; Tu: Mark; Th: Sean/Mark Whitecaps 2: 7:15-8:15pm MTuTh (M/Tu: shallow; Th: deep): M: Sean; Tu: Mark; Th: Sean/Mark
		Saturday (shallow): Coach schedule above Saturday Earlybirds: 8:15-9:25am