

Carleton Masters Plan Spring/Summer 2019

V1.2

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Special Sets	Notes	
May	1 mid ch 6	7/8 short IM	9/10 long fs	11 Tim short ch	body pos'n	free		Spring Session starts Mon May 6th	
	2 long IM 13	14/15 mid fs	16/17 short ch	18 Sean short/mid IM	head pos'n	breast		Sat May 18th: 10:45-11:55am	
	3 20	21/22 short fs	23/24 mid IM	25 Mits short fs/ch	body roll	back		No workouts: Mon May 20th (Victoria Day)	
June	4 short fs 27	28/29 mid IM	30/31 long ch	1 Sean short/mid fs	arm recovery	fly	Thu/Fri: fin day		
	5 long IM 3	4/5 short ch	6/7 mid fs	8 Blake short IM/ch	legal turns	turns	Thu/Fri: 200 or 400 TT		
	6 mid ch 10	11/12 long fs	13/14 short IM	15 Mits short/mid ch	efficient kick		Tue/Wed: 50 & 100 TT		
	7 long fs TT 17	18/19 mid ch	20/21 short IM	22 Mark sh/mid fs/ch	arm pull		Mon: 800/1500 TT		
	8 short ch 24	25/26 mid IM	27/28 short fs	29 Adrian short ch	fast turns		Thu/Fri: fun day	Spring Session ends Sat Jun 29th No workouts: Mon Jul 1st (Canada Day)	
	July	1 1	2/3 short IM	4/5 mid fs	6 Tim short/mid ch	good push offs	(free optional)		Summer Session starts Tue Jul 2nd Reminder: Summer Saturdays separate this year (not included with weekdays)
		2 long IM 8	9/10 mid ch	11/12 short fs	13 Blake short ch/IM	finish ea stroke	(breast optional)	Mon: 400TT	Jul 6th to Aug 31st: Saturdays: 12:15-1:25pm (no swim Sat Aug 3rd)
		3 short IM 15	16/17 long fs	18/19 mid ch	20 Adrian short fs/IM	legal finishes	(back optional)	Mon: 100 & 50 TT	(no 8:30am or 7:10pm workouts in summer)
4 mid IM 22		23/24 short ch	25/26 long fs	27 Mark short ch/IM	use the pace clock	(fly optional)			
August	5 mid ch 29	30/31 long IM	1/2 short fs	3	pacing	(turns optional)	Thu/Fri: fin day	No workout: Sat Aug 3rd (Long Weekend)	
	6 5	6/7 long fs TT	8/9 mid IM	10 David short ch	stretch out in front		Tue/Wed: 800/1500 TT	No workouts: Mon Aug 5th (Civic Holiday)	
	7 mid fs 12	13/14 short IM	15/16 long ch	17 Sean short fs/ch	perfect technique		Tue/Wed: 200 TT		
	8 long IM 19	20/21 mid ch	22/23 short fs	24 Adrian short IM/ch	easy speed				
	9 long fs 26	27/28 mid IM	29/30 short ch	31 Mark short fs/IM	streamlining		Thu/Fri : fun day	Summer Session ends Sat Aug 31st	

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:

Spring:
 Earlybirds I 7:30-8:30am / II 8:30-9:30am MWF (deep): **Lynn**
 Whitecaps I 6-7:10pm M (shallow) / TuTh (deep): Mon/Thu: **Sean**; Tue: **David**
 Whitecaps II 7:10-8:10pm M (shallow) / TuTh (deep): Mon/Thu: **Sean**; Tue: **David**
Summer:
 Earlybirds I 7:30-8:30am MWF (deep): **Lynn**
 Whitecaps I 6-7:10pm MTuTh (deep): Mon/Thu: **Sean**; Tue: **David**
Saturday Schedule: (usually shallow)
Spring: 8:15-9:25am; **May 18th:** 10:45-11:55am
Jul 6th to Aug 31st: 12:15-1:25pm (no swim Aug 3rd)