

Carleton Masters Plan Spring/Summer 2022

V1.5

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Special Sets	Notes
May								
0	13	14/15	16/17	Sean 21* short/mid IM	head pos'n			Winter Session Make-Up Workouts May 21 to 27 *Sat May 21: 10:45-11:55am: Long Course (Whole Pool)
1	23* long ch	24/25 short fs	26/27 mid IM	Tim 28 short fs/ch	body roll			*Mon May 23 Victoria Day Workout Times: EB1: 8:30-9:30am; EB2: 9:35-10:35am WC1: 5:00-6:10pm; WC2: 6:15-7:15pm
June								
1	30 short fs	31/1 mid IM	2/3 long ch	Sean 4 short/mid fs	arm recovery	free	Thu/Fri: fin day	Spring Session starts Sat May 28
2	6 long IM	7/8 short ch	9/10 mid fs	Adrian 11 short IM/ch	legal turns	breast		
3	13 mid ch	14/15 long fs	16/17 short IM	Sean 18 short/mid ch	efficient kick	back		
4	20 long fs	21/22 mid ch	23/24 short IM	Blake 25 sh/mid fs/ch	arm pull	fly		Spring Session ends Thu Jun 30
5	27 short ch	28/29 mid IM	30/1 short fs	Adrian 2 short ch	fast turns	turns	Wed/Thu: fun day	No workouts: Fri Jul 1 (Canada Day) Summer Session starts Sat Jul 2nd
July								
1	4 long ch	5/6 short IM	7/8 mid fs	9 MastersPaloosa	good push offs			No 8:40am or 7:15pm workouts in Summer Summer Saturdays are 12:15-1:25pm
2	11 long IM	12/13 mid ch	14/15 short fs	Sean 16 short ch/IM	finish ea stroke			No workout Sat July 9 (planned power outage)
3	18 short IM	19/20 long fs	21/22 mid ch	Sean 23 short fs/ch	legal finishes			
4	25 mid IM	26/27 short ch	28/29 long fs	Lynn 30 short ch	use the pace clock		Tue/Wed: fin day	
August								
5	1 long IM	2/3 long IM	4/5 short fs	Blake 6 short/mid IM	spacing			No workouts: Mon Aug 1 (Civic Holiday)
6	8 short ch	9/10 long fs TT	11/12 mid IM	Adrian 13 short ch	stretch out in front		Tue/Wed: 800/1500 TT	
7	15 mid fs	16/17 short IM	18/19 long ch	Blake 20 short fs/ch	perfect technique			
8	22 long IM	23/24 mid ch	25/26 short fs	Adrian 27 short IM/ch	easy speed			
September								
9	29 long fs	30/31 mid IM	1/2 short ch	Tim 3 short fs/IM	streamlining		Thu/Fri : fun day	Summer Session ends Sat Sept 3rd

Key: Themes: <ul style="list-style-type: none"> 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 7:35-8:35am / Earlybirds II 8:40-9:40am MWF (deep): Lynn Whitecaps I 6-7:10pm M/Tu (shallow), Th (deep): Sean Whitecaps II 7:15-8:15pm MTu (shallow), Th (deep): Mon: Adrian/Sean ; Tue/Thu: Mark Saturday Earlybirds: 8:15-9:25am (shallow): Coach Schedule Above Summer: Earlybirds I 7:35-8:35am MWF (deep and 2 lanes shallow): Lynn Whitecaps I 6-7:10pm MTuTh (shallow): Sean ; sub-coach: Mark Saturday Earlybirds: 12:15-1:25pm (shallow): Coach Schedule Above
---	--