

# Carleton Masters Plan Winter 2021

V0.1

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Notes & Special Sets	Notes
<b>December interim</b>	21 mid ch	22/23 long IM/sh fs	24/25	26	easy speed		Interim Group 1: Mon/Tue/Wed 8:15-9:15am: Lynn Interim Group 2: Mon/Tue/Wed 5:30-6:30pm: Sean	
<b>January</b>	28 short ch	29 mid fs	31/1	Sean/Lynn 2 short IM/ch	body pos'n		Interim Group 3: Mon/Tue 6:45-7:45pm: Sean; Sat 9:45-10:45am: Sean Interim Group 4: Mon/Tue 6:45-7:45pm: Sean; Sat 11:00am-12:00noon: Lynn	
1	4 mid IM/ch	5/6 short fs	7/8 mid ch	9 short fs/IM	hand pos'n	free		<b>Winter Session Starts: Mon/Sat Jan 4th/9th</b>
2	11 mid fs	12/13 long ch	14/15 short IM	16 short fs	efficient kick	breast		
3	18 short ch	19/20 mid IM	21/22 long fs	23 mid ch	legal turns	back		
4	25 short fs	26/27 long IM	28/29 mid ch	30 short fs/ch	underwater pushoffs	fly		
<b>February</b>	1 short ch	2/3 mid IM	4/5 long fs	6 short ch	use the pace clock	turns		
6	8 long ch	9/10 mid fs	11/12 short IM	13 short/mid ch	finish ea stroke			
7	15 short fs	16/17 long IM	18/19 long IM	20 short fs/ch	stretch out in front			<b>No workouts Mon Feb 15th (Family Day)</b>
8	22 long fs	23/24 mid IM	25/26 short ch	27 mid fs	streamlining			
9	1 short IM	2/3 long ch	4/5 mid fs	6 short/mid ch	dps			
<b>March</b>	8 short fs	9/10 mid IM	11/12 long ch	13 short IM	accelerate thru stroke			
11	15 long fs	16/17 mid ch	18/19 short IM	20 short/mid fs	pacing			
12	22 mid IM	23/24 long fs TT	25/26 short ch	27 short fs/ch	fast turns		Tue / Wed: 800/1500 TT	
13	29 short fs	30/31 mid IM	1/2 long ch	3 good finishes				<b>No workouts Fri Apr 2nd, Sat Apr 3rd (Good Friday, Easter Saturday)</b>
<b>April</b>	5 short fs	6/7 mid IM	8/9 long ch	10 mid fs/IM	streamlining			<b>No workouts Mon Apr 5th (Easter Monday)</b>
14	12 long IM	13/14 mid fs	15/16 short ch	17 short IM/fs	easy speed		Thu / Fri: fun day	<b>Winter Session Ends: Thu/Fri/Sat Apr 15th, 16th, 17th</b>

<b>Key:</b> <b>Themes:</b> <ul style="list-style-type: none"> <li><b>short =</b> short distance = most repeats 150m or less</li> <li><b>mid =</b> mid-distance = most repeats 100-300m</li> <li><b>long =</b> long distance = most repeats 200m or more</li> <li><b>fs =</b> most repeats freestyle [front crawl]</li> <li><b>IM =</b> most repeats Individual Medley [fly, back, breast, free]</li> <li><b>ch =</b> most repeats choice of stroke(s)</li> </ul>	<b>Regular Coaches:</b> 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 (shallow): Coach schedule above</b> Saturday Earlybirds: 7:45-8:45am and 9:00-10:00am