

# Carleton Masters Plan Winter 2022

V1.6

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Notes & Special Sets	Notes
<b>December interim</b>			Sean 23 short IM	25			Interim Workouts: Thu Dec 23, Mon Dec 27, Tue Dec 28, and Thu Dec 30: 6:00-7:15pm: <b>CANCELLED</b>	
<b>January</b>	Adrian 27 mid/long fs	Sean 28 short ch/IM	Adrian 30 mid fs/ch	4	body pos'n			
1	3 mid IM	4/5 long fs	6/7 short ch	8 short fs/IM	hand pos'n			January 3 to January 29: <b>CANCELLED</b>
2	10 mid fs	11/12 long ch	13/14 short IM	15 Tim short fs	efficient kick	free		
3	17 short ch	18/19 mid IM	20/21 long fs	22 Sean mid ch	legal turns	free/breast		
4	24 short fs	25/26 long IM	27/28 mid ch	29 Adrian short fs/ch	underwater pushoffs	breast/back		
<b>February</b>	31 mid IM	1/2 long fs	3/4 short ch	5 Sean short ch	hand pos'n	free		<b>Winter Session Starts: Mon Jan 31, Sat Feb 5</b>
2	7 mid fs	8/9 long ch	10/11 short IM	12 Adrian short/mid ch	efficient kick	breast		
3	14 short ch	15/16 mid IM	17/18 long fs	19 Sean short fs/ch	legal turns	back		
4	21* short fs	22/23 long IM	24/25 mid ch	26 Adrian mid fs	underwater pushoffs	fly		<b>*Feb 21 Family Day Workout Times: EB1: 8:35-9:35am; EB2: 9:40-10:40am WC1: 5:00-6:10pm; WC2: 6:15-7:15pm</b>
<b>March</b>	28 short ch	1/2 mid IM	3/4 long fs	5 Sean short/mid ch	use the pace clock	turns		
6	7 long ch	8/9 mid fs	10/11 short IM	12 Adrian short IM	finish ea stroke		Mon: fin day	
7	14 mid ch	15/16 short fs	17/18 long IM	19 Tim short/mid fs	stretch out in front			
8	21 long fs	22/23 mid IM	24/25 short ch	26 Sean short fs/ch	streamlining			
<b>April</b>	28 short IM	29/30 long ch	31/1 mid fs	2 Tim short IM/ch	dps			
10	4 short fs	5/6 mid IM	7/8 long ch	9 Adrian mid fs/IM	accelerate thru stroke		Thu / Fri: fin day	<b>*Apr 15 Good Friday Workout Times: EB1: 8:35-9:35am; EB2: 9:40-10:40am *Apr 18 Easter Monday Workout Times: EB1: 8:35-9:35am; EB2: 9:40-10:40am WC1: 5:00-6:10pm; WC2: 6:15-7:15pm</b>
11	11 long fs	12/13 mid ch	14/15* short IM	16 Adrian short ch	pacing			
12	18* mid IM	19/20 long fs TT	21/22 short ch	23 Sean short/mid fs	fast turns		Tue / Wed: 800/1500 TT	<b>Winter Session Ends: Thu Apr 28, Fri Apr 29, Sat Apr 30 (pool closes Sun May 1 for annual maintenance)</b>
13	25 long IM	26/27 mid fs	28/29 short ch	30 Tim short fs/IM	good finishes		Thu/Fri: "funner" day	

<b>Key:</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)

<b>Regular Coaches:</b>
Earlybirds I 7:35-8:35am / Earlybirds II 8:40-9:40am MWF (deep): <b>Lynn</b>
Whitecaps I 6-7:10pm M/Tu (shallow), Th (deep): <b>Sean</b>
Whitecaps II 7:15-8:15pm MTu (shallow), Th (deep): <b>Mark</b>
Saturday Earlybirds: 8:15-9:25am (shallow): <b>Coach Schedule Above</b>