

Carleton Masters Plan Fall 2023

V1.2

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

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 / 8:40-9:40am MWF (deep): Lynn Whitecaps 1: 6:00-7:10pm MTuTh (M/Tu: shallow; Th: deep): M: Sean; Tu: Mark; Th: Paddy (sub: Adrian) Whitecaps 2: 7:15-8:15pm MTuTh (M/Tu: shallow; Th: deep): M: Sean; Tu: Mark; Th: Paddy (sub: Adrian)
		Saturday (shallow): Coach schedule above Saturday Earlybirds: 8:15-9:25am