

Carleton Masters Plan Fall 2025

V1.0

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

Key: Themes:	Workout Theme Key: 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: Earlybirds 1 and 2: 7:35-8:35am / 8:40-9:40am MWF (deep): Lynn Whitecaps 1: 6:00-7:10pm MTuTh (shallow): M: Sean; Tu: Nick; Th: Mark (subs: Adrian, Malcolm) Whitecaps 2: 7:10-8:10pm MTuTh (shallow): M: Sean; Tu: Nick; Th: Mark (subs: Adrian, Malcolm)	
			Saturday (shallow): Coach schedule above Saturday Earlybirds: 8:15-9:25am	