

Carleton Masters Plan Spring/Summer 2024

V1.1

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Special Sets	Notes
May								
1		1 mid fs	2/3 short ch	Lynn 4 short fs	foot pos'n	free		Spring Session starts Wed May 1st
2	6 mid ch	7/8 short IM	9/10 long fs	Adrian 11 short ch	body pos'n	free / breast		
3	13 long IM	14/15 mid fs	16/17 short ch	Adrian 18 short/mid IM	head pos'n	breast / back		Sat May 18th: 10:45-11:55am
4	20 short fs	21/22 short fs	23/24 mid IM	Tim 25 short fs/ch	body roll	back / fly		No workouts: Mon May 20th (Victoria Day)
June								
5	27 short fs	28/29 mid IM	30/31 long ch	Blake 1 short/mid fs	arm recovery	fly / turns	Thu/Fri: fin day	
6	3 long IM	4/5 short ch	6/7 mid fs	Tim 8 short IM/ch	legal turns		Thu/Fri: short TT: a.m.: lanes 1-3	
7	10 mid ch	11/12 long fs	13/14 short IM	Adrian 15 short/mid ch	efficient kick		Tue/Wed: short TT: a.m.: lanes 4-6	
8	17 long fs TT	18/19 mid ch	20/21 short IM	Blake 22 sh/mid fs/ch	arm pull		Mon: 800/1500 TT	
9	24 short fs	25/26 mid IM	27/28 short ch	Adrian 29 short IM/ch	fast turns		Thu/Fri: fun day	Spring Session ends Sat Jun 29th
July								
1	1 short IM	2/3 short IM	4/5 mid fs	Paddy 6 short/mid ch	good push offs			No workouts: Mon Jul 1st (Canada Day) Summer Session starts Tue Jul 2nd
2	8 long IM	9/10 mid ch	11/12 short fs	Adrian 13 short ch/IM	finish ea stroke			Summer: Saturdays: 12:15-1:25pm (no 8:40am or 7:15pm workouts in summer)
3	15 short IM	16/17 long fs	18/19 mid ch	Paddy 20 short fs/IM	legal finishes			
4	22 mid IM	23/24 short ch	25/26 long fs	Adrian 27 short ch/IM	use the pace clock			
August								
5	29 mid ch	30/31 short fs	1/2 long IM	Blake 3 mid ch/fs	pacing		Tue/Wed: fin day	
6	5 long fs	6/7 long fs	8/9 mid IM	Tim 10 short ch	stretch out in front		Thu/Fri: short TT: a.m.: lanes 1-3	No workouts: Mon Aug 5th (Civic Holiday)
7	12 mid fs	13/14 short IM	15/16 long ch	Paddy 17 short fs/ch	perfect technique		Mon: short TT: a.m.: lanes 4-6 Tue/Wed: short TT: a.m.: lanes 7-9	
8	19 mid ch	20/21 long fs TT	22/23 short IM	Blake 24 short IM/ch	easy speed		Tue/Wed (and Thu/Fri?): 800/1500 TT	
9	26 long IM	27/28 mid fs	29/30 short ch	Paddy 31 short fs/IM	streamlining		Thu/Fri : fun day	Summer Session ends Sat Aug 31st

<p>Key:</p> <p>Themes:</p> <p>short = short distance = most repeats 150m or less</p> <p>mid = mid-distance = most repeats 100-300m</p> <p>long = long distance = most repeats 200m or more</p> <p>fs = most repeats freestyle [front crawl]</p> <p>IM = most repeats Individual Medley [fly, back, breast, free]</p> <p>ch = most repeats choice of stroke(s)</p>	<p>Regular Coaches:</p> <p>Spring: Earlybirds I 7:35-8:35am / II 8:40-9:40am MWF (deep): Lynn Whitecaps I 6-7:10pm M/Tu (shallow) / Th (deep): Mon: Sean; Tue: Paddy; Thu: Mark; Sub: Adrian Whitecaps II 7:15-8:15pm M/Tu (shallow) / Th (deep): Mon: Sean; Tue: Paddy; Thu: Mark; Sub: Adrian</p> <p>Summer: Earlybirds I 7:35-8:35am MWF (deep and 3 lanes shallow): Lynn Whitecaps I 6-7:10pm MTuTh (shallow): Mon: Sean; Tue: Paddy; Thu: Mark; Sub: Adrian</p> <p>Saturday Schedule: (usually shallow) Spring: 8:15-9:25am; May 18th: 10:45-11:55am Summer: 12:15-1:25pm</p>
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