

Carleton Masters Plan Spring/Summer 2025

V1.2

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

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