

Carleton Masters Plan Winter 2024

V1.2

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Notes & Special Sets	Notes
December	25	Paddy 27 short ch/IM	Adrian 29 mid fs/ch	Adrian 30 short IM/fs	body pos'n			Interim Workouts: Wed Dec 27 6-7:15pm Fri Dec 29 6-7:15pm; Sat Dec 30 noon-1:15pm
January	1	2/3 long fs	4/5 short ch	Adrian 6 short fs/IM	hand pos'n	free		Winter Session Starts: Tue Jan 2, Wed Jan 3, Sat Jan 6
	8	9/10 long ch	11/12 short IM	Tim 13 short fs	efficient kick	free/breast		
	15	16/17 mid IM	18/29 long fs	Sean 20 mid ch	legal turns	breast/back		
	22	23/24 long IM	25/26 mid ch	Adrian 27 short fs/ch	underwater pushoffs	back/fly		
February	29	30/31 mid IM	1/2 long fs	Blake 3 short ch	use the pace clock	fly/turns		
	5	6/7 mid fs	8/9 short IM	Adrian 10 short/mid ch	finish ea stroke		Mon: fin day	
	12	13/14 short fs	15/16 long IM	Blake 17 short fs/ch	stretch out in front		Thu / Fri: short dist TT	
	19	20/21 mid IM	22/23 short ch	Lynn 24 mid fs	streamlining			No workouts Mon Feb 19 (Family Day)
March	26	27/28 long ch	29/1 mid fs	Adrian 2 short/mid ch	dps			
	4	5/6 mid IM	7/8 long ch	Tim 9 short IM	accelerate thru stroke		Thu / Fri: fin day	
	11	12/13 mid ch	14/15 short IM	Blake 16 short/mid fs	pacing			
	18	19/20 long fs TT	21/22 short ch	Sean 23 short fs/ch	fast turns		Tue / Wed: 800/1500 TT	
	25	26/27 mid IM	28 long ch	Tim 30 short IM/ch	good finishes			No workouts Fri Mar 29 (Good Friday)
April	*1	2/3 short fs	4/5 mid ch	Adrian 6 mid fs/IM	streamlining			*Mon Apr 1: a.m. workouts 1 hour later; p.m. workouts 1 hour earlier
	8	9/10 mid ch	11/12 short fs	Blake 13 mid ch/IM	easy speed		Thu / Fri: "fun" day	Session ends: Thu Apr 11, Fri Apr 12, Sat Apr 13 (pool closes for annual maintenance)

Key:	
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)

Regular Coaches:
Earlybirds I 7:35-8:35am / Earlybirds II 8:40-9:40am MWF (deep): Lynn
Whitecaps 1: 6:00-7:10pm MTuTh (M/Tu: shallow; Th: deep)
Whitecaps 2: 7:15-8:15pm MTuTh (M/Tu: shallow; Th: deep)
Whitecaps Coaches: Mon: Sean ; Tue: Paddy/Adrian ; Thu: Paddy ; Sub-coach: Mark
Saturday Earlybirds: 8:15-9:25am (shallow): Coach Schedule Above