

# Carleton Masters Plan Fall 2024

V1.0

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

<b>Key:</b>	<b>Workout Theme Key:</b>	<b>Regular Coaches:</b>
	<b>Themes:</b> <b>short =</b> short distance = most repeats 150m or less <b>mid =</b> mid-distance = most repeats 100-300m <b>long =</b> long distance = most repeats 200m or more <b>fs =</b> most repeats freestyle [front crawl] <b>IM =</b> most repeats Individual Medley [fly, back, breast, free] <b>ch =</b> most repeats choice of stroke(s)	Earlybirds 1 and 2: 7:35-8:35am / 8:40-9:40am MWF (deep): <b>Lynn</b> Whitecaps 1: 6:00-7:10pm MTuTh (shallow): <b>M: Sean; Tu: Paddy; Th: Mark (sub: Adrian)</b> Whitecaps 2: 7:15-8:15pm MTuTh (shallow): <b>M: Sean; Tu: Paddy; Th: Mark (sub: Adrian)</b>
		<b>Saturday (shallow): Coach schedule above</b> Saturday Earlybirds: 8:15-9:25am