

# Carleton Masters Plan Winter 2025

V1.0

	Monday	Tues/Wed	Thurs/Fri	Saturday	Week Focus	Drills	Notes & Special Sets	Notes
<b>December</b>	Adrian 23 short ch/IM	24/25	Paddy 27 mid fs/ch	Adrian 28 short IM/fs	body pos'n			<i>Interim Workouts</i> : Mon Dec 23 6-7:15pm; Fri Dec 27 5:30-6:45pm; Sat Dec 28 8:15-9:30am;
<b>January</b>	Lynn Tue 31 mid fs/ch	Lynn Thu 2 short ch/IM	Lynn Fri 3 mid ch	Adrian 4 short fs/ch	hand pos'n			Tue Dec 31, Thu Jan 2, Fri Jan 3 7:35-8:35am; Sat Jan 4 8:15-9:30am
<b>January</b>	1 mid fs 6	7/8 long ch	9/10 short IM	Nick 11 short fs	efficient kick	free		<b>Winter Session Starts:</b> <b>Mon Jan 6 (a.m./p.m.), Sat Jan 11 (Sat.)</b>
	2 short ch 13	14/15 mid IM	16/17 long fs	Malcolm 18 mid ch	legal turns	breast		
	3 short fs 20	21/22 long IM	23/24 mid ch	Tim 25 short fs/ch	underwater pushoffs	back		
<b>February</b>	4 short ch 27	28/29 mid IM	30/31 long fs	Nick 1 short ch	use the pace clock	fly		
	5 long ch 3	4/5 mid fs	6/7 short IM	Adrian 8 short/mid ch	finish ea stroke	turns	Thu / Fri: short dist TT	
	6 mid ch 10	11/12 short fs	13/14 long IM	Malcolm 15 short fs/ch	stretch out in front			
	7 mid IM 17	18/19 mid IM	20/21 short ch	Tim 22 mid fs	streamlining			<b>No workouts Mon Feb 17 (Family Day)</b>
<b>March</b>	8 short IM 24	25/26 long ch	27/28 mid fs	Nick 1 short/mid ch	dps		Tue/Wed: fin day	
	9 short fs 3	4/5 mid IM	6/7 long ch	Tim 8 short IM	accelerate thru stroke			
	10 long fs 10	11/12 mid ch	13/14 short IM	Malcolm 15 short/mid fs	pacing			
	11 mid IM 17	18/19 long fs TT	20/21 short ch	Adrian 22 short fs/ch	fast turns		Tue / Wed: 800/1500 TT	
	12 short fs 24	25/26 mid IM	27/28 long ch	Nick 29 short IM/ch	good finishes		Thu / Fri: fin day	
<b>April</b>	13 mid IM 31	1/2 short fs	3/4 mid ch	Malcolm 5 mid fs/IM	streamlining			
	14 short ch 6	7 mid fs			easy speed		Mon a.m. / Tue: fun day	<b>Session ends: Sat Apr 5, Mon Apr 7 (a.m.), Tue Apr 8 (p.m.); Pool reopens in May</b>

<b>Key:</b> <b>Themes:</b> <ul style="list-style-type: none"> <li><b>short =</b> short distance = most repeats 150m or less</li> <li><b>mid =</b> mid-distance = most repeats 100-300m</li> <li><b>long =</b> long distance = most repeats 200m or more</li> <li><b>fs =</b> most repeats freestyle [front crawl]</li> <li><b>IM =</b> most repeats Individual Medley [fly, back, breast, free]</li> <li><b>ch =</b> most repeats choice of stroke(s)</li> </ul>	<b>Regular Coaches:</b> Earlybirds I 7:35-8:35am / Earlybirds II 8:40-9:40am MWF (deep): <b>Lynn</b> 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: <b>Sean</b> ; Tue: <b>Paddy</b> ; Thu: Mark; Sub-coach: <b>Adrian</b> Saturday Earlybirds: 8:15-9:25am (shallow): <b>Coach Schedule Above</b>
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