

WEEKLY SESSION PLAN FOR MASTERS TO COUNTY CHAMPIONSHIPS

THUR 24/4		
W/U	1(800 – Alt FC + BK - Work on streamlining out of turns)	(800)
K/Fly	5 (100 – 50 Ext Dolphin, 50 Inverted Fly Kick)	(500)
P/BK	1 (500 – 50 Single Arm, 50 Roll + Hold)	(500)
S/BRS	10 (25 S/R 60 – Work on Pull / Kick Phase of Start)	(250)
M/FC	12 (100 – S/R (1.50) (2.00) (2.30))	(1200)
D/MED	1 (300 – Own choice Medley drills / Easy)	(300)
Total		3550

SAT 26/4		
W/U	1 (200 Swim, 200 Pull, 200 Kick, 200 Swim)	(800)
P/Fly	3 (200 – (1) S/A (2) Glide (3) 3 Right/ Left / Double – 20 R.I.)	(600)
S/BK	8 (25 S/R 60 - Count strokes from flags to finish on a long stroke)	(200)
M/BRS	20 (50 S/R (!.10) (1.20) (1.30))	(1000)
D/FC	1 (300 – Alt Clip + Drag)	(300)
K/MED	4 (100 – own choice kick Drills)	(400)
Total		3300

WEEKS TOTAL 6850

THUR 1/5		
W/U	1 (800 – All FC – Alt lengths Easy / Hard)	(800)
S/FLY	8 (25 – S/R - From a Dive – Strong Kick into a Streamlined shape)	(200)
M/BK	8 (100 – S/R 3.30)	(800)
D/BRS	1 (300 – 50 Glide, 50 Inverted Brs Kick)	(300)
K/FC	12 (50 – on Float _ Easy, _ Hard – Definite change of pace)	(600)
P/MED	3 (200 – All swam S/A on 20 R.I.)	(600)
Total		3200

SAT 3/5		
W/U	1(200 FC, 200 BK, 200 FC, 200 BK)	(800)
M/FLY	4 (12 x 25 – 5 R.I. + 1 Min S.R.I. + Flips)	(1200)
D/BK	1 (200 – Alt Scull + Old English)	(200)
K/BRS	6 (100 – All as 2/1 – 15 R.I.)	(600)
P/FC	3 (200 – (1) Catch-up / Breath both sides. (2) S/A. (3) Fists. – 20 R.I.)	(600)
S/MED	8 (25 – S/R 60 – 2 on each stroke)	(200)
Total		3600

WEEKS TOTALS 6800

WEEKLY SESSION PLAN FOR MASTERS UP TO COUNTY CHAMPIONSHIPS

THUR 8/5		
W/U	1 (400 FC, 300 BRS, 200 BK, 100 FLY)	(1000)
D/FLY	1 (200 – Own choice Fly Drills)	(200)
K/BK	3 (200 – All with Ext. Arms S/R 5 Mins)	(600)
P/BRS	12 (50 – 6 +Bouy (Sweep Arms) – 6 with alt. Fly + FC Legs – 10 R.I.)	(600)
S/FC	10 (25 – S/R 60 - Change breathing pattern on each length)	(250)
M/MED	6 ((200 – S/R 5 _ Mins.)	(1200)
Total		3450

SAT 10/5		
W/U	1 (800 - Alt FC + BK – Stay Relaxed + Maintain Streamlining)	(800)
K/FLY	8 (100 + Flips – Alt 100's of Dolphin + Inverted - 15 R.I.)	(800)
P/BK	1 (500 – Alt 50's Catch-up + Roll/Hold)	(500)
S/BRS	2 (50 S/R 2 Mins + 2 x 25 S/R 1 Min)	(200)
M/FC	3 (400 (1) Alt lengths E/H. (2) Breathing pattern 2,3,4,5 by 100's. (3) Fast – 1 Min S.R.I.)	(1200)
D/MED	1 (200 – Own choice Medley drill)	(200)
Total		3700

WEEKS TOTALS 7150

THUR 15/5		
W/U	1 (800 All FC – Think streamlined shape throughout)	(800)
P/FLY	1 (500 – 50 Alt S/A, 50 3 Right, Left, Double)	(500)
S/BK	4 (50 – S/R 2 Mins – Work on speed into turns)	(200)
M/BRS	12 (100 S/R (2.15), (2.30), (15 R.I.))	(1200)
D/FC	1 (200 Roll + Hold)	(200)
K/MED	12 (50 “Fun-size Medleys”- Own choice drills – 10 R.I.)	(600)
Total		3.600

SAT 17/5		
W/U	1 (800 – All BK work on turns “no gliding”)	(800)
S/FLY	8 (25 – S/R 60 – Aim to finish on a long stroke)	(200)
M/BK	6 (200 – S/R 4 _ mins)	(1200)
D/BRS	1 (200 – Alt glide + 2/1)	(200)
K/FC	6 (100 – 50 S/A + 50 _ Kick + _ Swim – 15 R.I.)	(600)
P//MED	3 (200 – Own choice pull drills – 20 R.I.)	(600)
Total		3600

WEEKS TOTALS 7200

MASTERS SESSION PLAN TO MIDDLESEX COUNTY CHAMPIONSHIPS

THUR 5/6		
W/U	1 (800 Alt FC + Choice – Think Good Technique)	(800)
S/FLY	10 (25 S/R 60 – Streamlined shape throughout dive phase)	(250)
M/BK	1 (16x 25 (5 R.I.) – 8x50 (10 R.I.) – 4x100 (15 R.I.) – 2x200 (20 R.I.))	(1600)
D/BRS	1 (200 – Choice Drills)	(200)
K/FC	1 (400 – 50 – _ Kick _ Swim + Roll/Hold)	(400)
P/MED	1 (400 Medley - 4 Different Drills on Each stroke)	(400)
Total		3650

SAT 7/6		
W/U	1(200 Swim, 200 Pull, 200 Swim, 200 Pull)	(800)
M/FLY	12 (100 + Flips – 20 R.I.)	(800)
D/BK	! (200 – Alt Scull + Old English)	(200)
K/BRS	10 (50 – As 2/1 – 10 R.I.- Think Streamlined Shape)	(500)
P/FC	6 (100 S/R 2 Mins. – Stroke count/ Reducing)	(600)
S/MED	8 (25 S/R 60 – Two on each stroke)	(200)
Total		3500

WEEKS TOTAL 7150

THUR 12/6 (TAPER WEEK 1)		
W/U	1 (400 Swim, 300 Pull, 200 Kick, 100 Drill)	(1000)
D/FLY	1 (200 - Alt Glide + Inverted Fly Kick)	(200)
K/BK	1 (400 – As 200 Catch, 200 Roll/Hold)	(400)
P/BRS	4 (100 – As 25 Fly legs, 25 F/S, 25 FC legs, 25 F/S – on 15 R.I.)	(400)
S/FC	8 (25 – S/R 60 – Change Breathing Pattern)	(200)
M/MED	4 (200 S/R 6 Mins (1) Straight (2) Broken by 5 @ 100 (3) @ 50 (4) @ 25)	(800)
Total		3000

SAT 14/6 (TAPER WEEK 1)		
W/U	!(1000 – Easy Swim – Own choice)	(1000)
K/FLY	8 (50 – Odds “Dolphin + Inverted” + Evens “ Ext Dolphin + Dive” – 10 R.I.)	(400)
P/BK	2 (200 – Build Pace down each length - 20 R.I.)	(400)
S/BRS	12 (25 S/R 60 – Work on start and finish)	(300)
M/FC	1 (2 x 100 (S/R 4 Mins), 4x50 (S/R 2 _ Mins), 8x25 (S/R 1 _ Mins))	(600)
D/MED	1 (300 – Own Choice Drill)	(300)
Total		3000

WEEKS TOTAL 6000

MASTERS SESSION PLAN TO MIDDLESEX COUNTY CHAMPIONSHIPS

THUR 19/6 (TAPER WEEK 2)		
W/U	1 (800 – Own Choice Swim – Easy + Relaxed)	(800)
Drill	1 (600 - Own choice drills – Think “Why + Can I Do It Better)	(600)
Sprint	8 (25 S/R 1.30- 4 on Fly , 4 on BK – Work on starts)	(200)
Drill	1 (400 – Own choice drills – As Above)	(400)
Sprint	8 (25 S/R 1..30 – 4 on BRS, 4on FC – Work on starts)	(200)
Drill	1 (200 – Own Choice Drill)	(200)
	Total	2400

WEEKS TOTAL 2400