**PCY Masters – Week of Dec. 4, 2017**

Monday

300 Swim

2 x 150 (Scull-Swim-Drill-Swim-Kick-Swim by 25) on :15 Rest

4 x 100 (50 Stroke-50 Free) Descend 1:50 2:00 2:30 2:40 :15 Rest

4 x 200 Free 2:55 3:15 3:50 4:10 :15 Rest

#1 = 1st 50 Faster

#2 = 2nd 50 Faster

#3 = 3rd 50 Faster

#4 = Last 50 Faster

2 x 75 Kick (on back/right/left) 1:30 1:40 1:20\*1:30\* :15 Rest

\*Groups 3,4,5 do 50s on sides

2 x 200 Free 3:00 3:20 4:00 4:15 :20 Rest

#1 = 1st 100 Faster

#2 = 2nd 100 Faster

2 x 75 Kick (on back/right/left) 1:30 1:40 1:20\*1:30\* :15 Rest

\*Groups 3,4,5 do 50s on sides

1 x 200 Free Fast

Break :10 at each 50

6 x 50 (25 Stroke-25 Free) 1:00 1:05 1:15 1:20 :15 Rest

Ascend (get slower) by 2

Wednesday

300 Swim

200 Kick

4 x 25 Choice Swim Build Speed :30 :35 :40 :40 :15 Rest

Backstroke Drills & Skills

Friday

300 Swim

4 x 50 Drill/Swim on :15 Rest

200 Swim

4 x 25 Kick Fast :35 :40 :45 :45 :15 Rest

1 x 100 Free Build 1:30 1:40 1:55 2:10 :15 Rest

3 x 50 Free FAST :40 :45 :50 :55 :15 Rest

1 x 100 Easy 1:45 2:00 2:20 2:30 :30 Rest

3 x 50 Free FAST 1:15 1:20 1:30 1:40 :15 Rest

1 x 100 Easy 1:45 2:00 2:20 2:30 :30 Rest

1 x 100 Free Build 1:30 1:40 1:55 2:10 :15 Rest

4 x 25 Stroke FAST :30 :35 :40 :40 :15 Rest

1 x 100 Easy 1:45 2:00 2:20 2:30 :30 Rest

4 x 25 Choice :45 :45 :50 :50 :20 Rest

1 x 100 Easy 1:45 2:00 2:20 2:30 :30 Rest

(Groups 1&2 = 3x; Groups 3&4 = 2x; Group 5 = 1x)

Cool Down

Saturday

300 Swim

4 x 100 Kick-Swim-Drill-Swim by 25 on :15 Rest

6 x 50 Swim Descend 1-3, 4-6 :50 :55 1:00 1:05 :15 Rest

8 x 25 Kick (long underwaters) :35 :40 :45 :45 :15 Rest

6 x 50 Backstroke Descend by 2s :50 1:00 1:10 1:15 :15 Rest

1:00 Rest

4 x 75 IM (leave out a stroke) 1:15 1:30 1:40 1:45 :15 Rest

2 x 100 Free 1:25 1:35 1:50 2:05 :15 Rest

1 x 200 Choice Smooth

2 x 100 Backstroke or Breaststroke 1:40 1:55 2:15 2:25 :15 Rest

4 x 75 Kick 1:30 1:45 2:00 2:10 :15 Rest

6 x 50 Free :45 :50 :55 1:00 :15 Rest

1:00 Rest

8 x 25 Choice

Odds Build

Evens Dive Sprint

Cool Down