**PCY Masters – Week of Dec. 11, 2017**

Monday

300 Swim

100 Drill

200 Swim

100 Kick

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

3 x 100 Free (Pull Optional) 1:30 1:40 1:55 2:05 :15 Rest

4 x 50 Free :40 :45 :55 1:00 :10 Rest

1 x 200 Free 3:00 3:20 3:50 4:10 :20 Rest

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

1:00 Rest

2 x 100 Free (Pull Optional) 1:20 1:30 1:45 1:55 :10 Rest

6 x 50 Free :45 :50 1:00 1:05 :15 Rest

1 x 200 Free 2:45 3:05 3:35 3:55 :15 Rest

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

100 Easy

8 x 25 Choice – Odds Build, Evens Fast :30 :35 :40 :40 :15 Rest

Cool Down

Wednesday

300 Swim

4 x 75 Scull-Drill-Swim by 25 on :15 Rest

4 x 75 Choice (50 Kick-25 Swim) 1:20 1:30 1:50 2:00 :15 Rest

8 x 25 Choice (all same stroke) :30 :35 :40 :40 :15 Rest

:30 Rest

6 x 50 (2 strokes in IM order) :55 1:00 1:10 1:15 :15 Rest

:30 Rest

4 x 75 (3 strokes in IM order) 1:20 1:30 1:45 1:50 :15 Rest

:30 Rest

1 x 200 IM (or 2x100 IM no stopping) 3:15 3:40 4:10 4:20 :15 Rest

5 x 100 IM Swim->Kick 1:40 1:55 2:10 2:20 :15 Rest

+:05 every 100

5 x 100 IM or Stroke->Free 1:40 1:55

-:05 every 100

Cool Down

Friday

300 Swim

4 x 50 Drill-Swim by 25 on :15 Rest

100 Kick

4 x 50 Swim – Fast in the black :55 1:00 1:10 1:15 :15 Rest

(inside the flags)

6 x 50 Free :45 :50 :55 1:05 :15 Rest

#3 = 25 Fast-25 Easy

#5 = Fast

4 x 75 Choice w/Rotating Sprint 25 1:30 1:40 1:55 2:00 :20 Rest

#1=1st 25 Sprint

#2=2nd 25 Sprint

#3=3rd 25 Sprint

#4=Easy

2 x 100 Choice (50 Fast-50 Easy) 1:00 1:10 1:20 1:30 :20 Rest

1 x 200 Choice broken :10 @ 50s

Get total time, subtract :30 to get your “broken” time

1 x 200 Easy

1 x 25 Sprint Kick :45 :45 :50 :50 :20 Rest

1 x 25 Sprint Swim (Dive) :45 :45 :50 :50 :20 Rest

1 x 100 Easy 1:40 1:50 2:20 2:20 :20 Rest

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

Cool Down

Saturday

300 Swim

300 Drill/Swim by 50

200 Kick

4 x 50 Choice Build on :15 Rest

1 x 50 Free :45 :50 1:00 1:05 :15 Rest

1 x 100 Free 1:30 1:40 2:00 2:10 :15 Rest

1 x 150 Free 2:15 2:30 3:00 3:15 :15 Rest

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

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

:30 Rest

1 x 500 Free (Pull Optional) 7:00 8:00 9:30 10:30 :30 Rest

1 x 300 Social Kick

10 x 50

4 of one stroke :45 :50 1:00 1:05 :15 Rest

3 of a different stroke :50 :55 1:05 1:10 :15 Rest

2 of a different stroke :55 1:00 1:10 1:15 :15 Rest

1 of the stroke that’s left 1:00 1:05 1:15 1:20 :15 Rest

Cool Down