**PCY Masters – Week of Feb. 12, 2018**

Monday

300 Swim

3 x 100 Drill-Swim by 50 on :15 Rest

200 Kick

4 x 50 Stroke-Free by 25 :55 1:00 1:10 1:15 :15 Rest

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

:30 Rest

4 x 100 Free Negative Split 1:25 1:35 1:55 2:00 :15 Rest

:30 Rest

2 x 200 (Free Pull Optional) 2:50 3:10 3:50 4:00 :20 Rest

1 x 400 Kick Negative Split 8:00 8:30 10:00 10:30 :20 Rest

4 x 50 Choice Descend :50 :55

4 x 25 Fast :35 :40

Cool Down

Wednesday

300 Swim

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

4 x 50 Kick 1:00 1:10 1:25 1:30 :15 Rest

4 x 25 Swim Build to FAST :30 :35 :40 :40 :15 Rest

1 x 200 IM or Stroke-Free 3:15 3:40 4:20 4:30 :15 Rest

4 x 25 Choice Variable Sprint :30 :35 :40 :40 :15 Rest

4 x 50 Stroke – Hold Time 1:00 1:10 1:25 1:30 :20 Rest

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

(2x)

8 x 25 Stroke or IM Order :30 :35

1 x 100 Easy 2:00 2:00

6 x 25 Stroke or IM Order Faster :35 :40 :45 :45 :20 Rest

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

4 x 25 Stroke or IM Order Faster :40 :45 :50 :50 :25 Rest

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

2 x 25 Choice Sprint :45 :50 :55 :55 :30 Rest

Cool Down

Friday

300 Swim

6 x 50 (odds Drill-Swim, evens Kick-Swim) on :15 Rest

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

8 x 25 Choice Variable Sprint x2 :30 :35 :40 :40 :15 Rest

3 x 75 Build by 25 1:15 1:25 1:40 1:45 :15 Rest

1 x 100 FAST (dive optional) 2:00 2:00 2:30 2:30 :20 Rest

1 x 75 Easy 1:40 1:50 2:00 2:05 :20 Rest

3 x 75 Choice – Rotate a Fast 25 1:15 1:25 1:40 1:45 :15 Rest

1 x 100 FAST (dive optional) 2:00 2:00 2:30 2:30 :20 Rest

Break :10 at 50

1 x 75 Easy 1:40 1:50 2:00 2:05 :20 Rest

3 x 75 Choice – Fast in the Black 1:15 1:25 1:40 1:45 :15 Rest

1 x 100 FAST (dive optional) 2:00 2:00 2:30 2:30 :20 Rest

Break :10 at each 25

1 x 75 Easy 1:40 1:50 2:00 2:05 :20 Rest

16 x 25 Choice – Variable Sprint x4

Alternate 4 Kick :40 :45 :50 :50 :15 Rest

4 Swim :30 :35 :40 :40 :15 Rest

Cool Down

Saturday

300 Swim-300 Drill/Swim-200 Kick

4 x 50 Stroke-Free by 25 :50 :55 1:05 1:10 :15 Rest

5 x 100 Free 1:35 1:45 2:05 2:15 :20 Rest

2 x 25 Stroke :30 :35 :40 :40 :15 Rest

1 x 50 Easy 1:00 1:05 1:20 1:20 :20 Rest

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

2 x 25 Stroke :30 :35 :40 :40 :15 Rest

1 x 50 Easy 1:00 1:05 1:20 1:20 :20 Rest

3 x 100 Free 1:25 1:35 1:55 2:05 :15 Rest

2 x 25 Stroke :30 :35 :40 :40 :15 Rest

1 x 50 Easy 1:00 1:05 1:20 1:20 :20 Rest

2 x 100 Free 1:20 1:30 1:50 2:00 :10 Rest

2 x 25 Stroke :30 :35 :40 :40 :15 Rest

1 x 50 Easy 1:00 1:05 1:20 1:20 :20 Rest

1 x 100 Free 1:15 1:25 1:45 1:55 :10 Rest

2 x 25 Stroke :30 :35 :40 :40 :15 Rest

1 x 50 Easy 1:00 1:05 1:20 1:20 :20 Rest

3 x 25 Kick Choice Descend :35 :40 :45 :45 :15 Rest

1 x 25 Sprint from Dive

Cool Down