**PCY Masters – Week of February 19, 2018**

Monday

300 Swim

3 x 100 Scull-Swim-Drill-Swim by 25 on :15 Rest

4 x 50 Kick-Swim by 25 :55 1:05 1:15 1:20 :15 Rest

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

3 x 100 Free Descend to Faster 1:30 1:40 2:00 2:10 :20 Rest

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

(Groups 1 & 2 Repeat)

4 x 50 Choice 25 FAST-25 Easy 1:05 1:10 1:30 1:35 :20 Rest

1 x 50 Easy 1:05 1:10 1:30 1:35 :20 Rest

(2x)

Cool Down

Wednesday

300 Swim

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

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

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

1 x 300 IM or Stroke-Free by 50 4:45 5:30 6:15 6:45 :30 Rest

1 x 200 IM or Stroke-Free by 25 3:10 3:40 4:10 4:30 :20 Rest

1 x 100 IM or Stroke 1:35 1:50 2:15 2:30 :15 Rest

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

1:00 Rest

8 x 50 IM Order or Stroke 1:00 1:10 1:25 1:30 :15 Rest

Odds Build, Evens Strong

1 x 100 Easy

8 x 50 Choice 1:00 1:10 1:25 1:30 :15 Rest

Odds 25 FAST Swim/25 Light Kick

Evens 25 FAST Kick/25 Light Swim

Cool Down

Friday

300 Swim

3 x 100 (50 Drill-50 Swim) on :15 Rest

4 x 75 (50 Kick-25 Swim) 1:30 1:40 2:00 2:10 :15 Rest

4 x 25 Build to Sprint :30 :35 :40 :45 :15 Rest

3 x 100 Free Descend to FAST 1:30 1:40 2:00 2:10 :15 Rest

:30 Rest

1 x 100 Choice FAST 1:30 1:40 2:00 2:10 :15 Rest

1 x 100 Easy

1 x 50 FAST 1:00 1:10 1:20 1:25 :15 Rest

1 x 50 Easy 1:10 1:20 1:30 1:30 :15 Rest

2 x 50 FAST 1:00 1:10 1:20 1:25 :15 Rest

1 x 50 Easy 1:10 1:20 1:30 1:30 :15 Rest

3 x 50 FAST 1:00 1:10 1:20 1:25 :15 Rest

1 x 50 Easy 1:10 1:20 1:30 1:30 :15 Rest

4 x 50 FAST 1:00 1:10 1:20 1:25 :15 Rest

1 x 50 Easy 1:10 1:20 1:30 1:30 :15 Rest

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

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

1 x 50 Easy 1:00 1:10 1:30 1:30 :30 Rest

(2x)

Cool Down

Saturday

300 Swim

300 Drill-Swim by 50

200 Kick

4 x 50 Swim :50 :55 1:05 1:10 :15 Rest

1 x 300 Free 4:15 4:45 5:45 6:15 :20 Rest

2 x 200 IM or Stroke/Free by 50 3:15 3:40 4:20 4:40 :15 Rest

3 x 100 Kick 2:00 2:30 3:00 3:10 :15 Rest

4 x 25 FAST :40 :45 :50 :50 :20 Rest

(2x)

Cool Down