**PCY Masters – Week of Feb. 26, 2018**

Monday

300 Swim

3 x 100 (25 Scull-25 Drill-50 Swim) on :15 Rest

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

200 Kick

5 x 100 Free (Pull Optional) 1:30 1:40 2:00 2:10 :20 Rest

1:00 Rest

4 x 100 Free (Pull Optional) 1:25 1:35 1:55 2:05 :15 Rest

1:00 Rest

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

1:00 Rest

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

1 x 100 Free FAST – for time

1 x 100 Easy

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

Odds Kick/Swim

Evens Swim/Kick

Cool Down

Wednesday

300 Swim

200 Drill-Swim by 25

4 x 50 Swim Build :55 1:00 1:10 1:15 :15 Rest

100 Kick

1 x 200 IM or IM Combo 3:15 3:40 4:20 4:30 :15 Rest

4 x 25 Fly (Swim or Drill or Kick) :30 :40 :45 :45 :15 Rest

1 x 50 Free Smooth 1:00 1:00 1:15 1:20 :15 Rest

1 x 200 IM or IM Combo 3:15 3:40 4:20 4:30 :15 Rest

4 x 50 Back :55 1:05 1:15 1:20 :15 Rest

1 x 50 Free Smooth 1:00 1:00 1:15 1:20 :15 Rest

1 x 200 IM or IM Combo 3:15 3:40 4:20 4:30 :15 Rest

4 x 25 Fly (Swim or Drill or Kick) :30 :40 :45 :45 :15 Rest

1 x 50 Free Smooth 1:00 1:00 1:15 1:20 :15 Rest

1 x 200 IM or IM Combo 3:15 3:40 4:20 4:30 :15 Rest

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

1 x 50 Free Smooth 1:00 1:00 1:15 1:20 :15 Rest

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

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

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

4 x 25 Swim Fast :30 :35 :40 :40 :15 Rest

1 x 50 Free Smooth 1:00 1:00 1:15 1:20 :15 Rest

(Group 1 = 3x, Group 2 = 2x, Groups 3, 4, 5 = 1x)

Cool Down

Friday

300 Swim

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

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

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

100 Easy

1 x 25 Swim :35 :40 :45 :45 :15 Rest

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

1 x 75 Swim 1:10 1:20 1:35 1:40 :15 Rest

1 x 100 Easy 2:00 2:00 2:15 2:20 :30 Rest

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

2 x 50 Swim :45 :50 1:00 1:05 :15 Rest

2 x 75 Swim 1:05 1:15 1:30 1:35 :15 Rest

1 x 100 Easy 2:00 2:00 2:15 2:20 :30 Rest

3 x 25 Swim :25 :30 :35 :35 :10 Rest

3 x 50 Swim :40 :45 :55 1:00 :10 Rest

3 x 75 Swim 1:00 1:10 1:25 1:30 :10 Rest

1 x 100 Easy 2:00 2:00 2:15 2:20 :30 Rest

4 x 75 (25 Kick-25 Stroke-25 Free) 1:20 1:35 1:55 2:00 :15 Rest

Ascend (get slower) 1-4

Cool Down

Saturday

300 Swim

200 Drill

100 Kick

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

4 x 50 Stroke Count Golf 1:00 1:10 1:20 1:30 :15 Rest

1 x 300 Free Descend by 100s 4:30 5:15 6:00 6:30 :20 Rest

1 x 100 Choice Stroke – Choose Speed 1:40 2:00 2:20 2:30 :20 Rest

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

1 x 200 Free Descend by 50s 3:00 3:30 4:00 4:20 :20 Rest

2 x 50 Choice Stroke – Choose Speed 1:00 1:10 1:20 1:30 :20 Rest

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

1 x 100 Free – DPS 1:30 1:45 2:00 2:10 :20 Rest

4 x 25 Choice Stroke – Choose Speed :35 :40 :45 :45 :20 Rest

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

1 x 300 Social Kick

Dive 25s & Relays

Cool Down