**PCY Masters – Week of Feb. 5, 2018**

Monday

300 Swim

3 x 150 (Kick-Drill-Swim by 50) on :15 Rest

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

5 x 100 Free 1:30 1:40

 Descend 1-3, Hold time from #3 on #4&5

1 x 100 Smooth 2:00 2:00

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

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

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

 Minus :05 each 100

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

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

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

1 x 100 Free for Time – FAST! 2:00 2:00 2:30 2:30 :30 Rest

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

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