**PCY Masters – Week of Jan. 1, 2018**

Monday

Happy New Year!

Wednesday

300 Swim

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

8 x 50 Choice – Change Strokes every 2 1:00 1:10 1:25 1:30 :15 Rest

Odds Kick-Swim / Evens Swim-Kick by 25

4 x 125 (100 IM with Rotating 50) 2:10 2:30 2:50 3:00 :15 Rest

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

4 x 125 2:20 2:40 3:00 3:10 :15 Rest

(75 Free Build-:10 Rest-50 Stroke Fast)

1 x 200 Choice Smooth 3:00 3:20 4:00 4:15 :20 Rest

4\* x 125 (25 Sprint-:05 Rest-100 Smooth) 2:10 2:30 2:50 3:00 :15 Rest

\*Groups 3&4 do 2 x 125

Cool Down

Friday

300 Swim

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

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

Minus :05 each 100

8 x 25 Choice :30 :35 :40 :40 :15 Rest

3 Swim Descend

1 Sprint Kick

(2x)

4 x 50 Choice Variable Sprint 1:00 1:05 1:15 1:20 :15 Rest

2 x 100 Choice (50 Sprint-50 Easy) 1:45 2:00 2:20 2:30 :20 Rest

1 x 200 Free – Sprint the Black 3:00 3:20 4:00 4:15 :20 Rest

(Groups 1-4 = 2x; Group 5 = 1x)

*Groups 1&2 Only:*

12 x 25 Choice :35 :40

Underwater Kick

Sprint Swim

Easy Swim

(4x)

Cool Down

Saturday

300 Swim

200 Drill/Swim by 50

100 Kick

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

1 x 300 Stroke or IM 5:00 5:30 6:30 6:45 :20 Rest

1 x 300 Free Descend by 100s 4:15 4:45 5:30 5:40 :20 Rest

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

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

1 x 100 Stroke or IM 1:40 1:50 2:10 2:15 :15 Rest

1 x 100 Free Build by 25s 1:30 1:40 2:00 2:05 :15 Rest

10 x 50 Choice

Odds on 1:00 1:05 1:15 1:20 :15 Rest

Evens on :45 :50 1:00 1:05 :10 Rest

1 x 75 Easy

1 x 25 Dive Sprint

1 x 75 Easy

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

Cool Down