**PCY Masters – Week of January 15, 2018**

Monday

300 Swim

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

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

1 x 400/300 Free Speedplay 5:40 6:40 5:45 6:15 :20 Rest

(Alternate 50 Moderate-50 Faster)

4 x 25 Kick No Board :35 :40 :45 :45 :15 Rest

:30 Rest

2 x 300/200 Free Build by 50 4:15 5:00 3:40 4:10 :20 Rest

4 x 25 Stroke or IM Order :30 :35 :40 :40 :15 Rest

:30 Rest

3 x 200/100 Free Descend 1-3 2:50 3:20 1:50 2:00 :20 Rest

4 x 25 Kick w/Board :35 :40 :45 :45 :15 Rest

:30 Rest

4 x 100 Free Strong 1:20 1:30

Cool Down

Wednesday

300 Swim

8 x 50 (Odds Drill-Swim, Evens Kick-Swim) on :15 Rest

12 x 25 Choice :35 :40 :45 :45 :15 Rest

(Minus :15 every 4)

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

4 x 25 Choose 1 Stroke :30 :35 :40 :40 :15 Rest

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

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

3 x 50 Choose 1 (different) Stroke :55 1:00 1:10 1:15 :15 Rest

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

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

2 x 75 Choose 1 (different) Stroke 1:15 1:30 1:40 1:45 :15 Rest

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

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

1 x 100 Choice 1:30 1:40 1:55 2:05 :15 Rest

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

3 x 25 Kick :30 :35 :40 :40 :10 Rest

1 x 25 FAST Swim :40 :45 :50 :50 :20 Rest

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

Cool Down

Friday

300 Swim

100 Drill

200 Swim

100 Kick

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

Fast-Easy / Easy-Fast / Fast / Easy

6 x 100 Free

Odds on 1:30 1:40 2:00 2:10 :20 Rest

Evens on 1:15 1:25 1:45 1:55 :10 Rest

1 x 100 Easy

3 x 50 FAST (1 Stroke, 1 Free, 1 Kick) 1:10 1:20 1:30 1:40 :20 Rest

1 x 100 Easy 1:40 1:50 2:10 2:20 :30 Rest

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

4 x 25 SPRINT Choice 1:00 1:00 1:00 1:00 :30 Rest

Cool Down

Saturday

300 Swim

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

3 x 100 Kick/Swim by 50 Descend 1:50 2:00 2:20 2:30 :15 Rest

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

2 x 100 Kick 2:00 2:15 2:30 2:40 :15 Rest

1 x 400 Free Pull Optional 5:40 6:20 7:20 8:00 :15 Rest

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

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

1 x 200 Social Kick

1 x 75 Choice Build 1:30 1:30 1:40 1:40 :20 Rest

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

1 x 25 Build :45 :45 :50 :50 :20 Rest

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

1 x 50 Easy

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

Cool Down