**PCY Masters – Week of January 22, 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

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

4 x 50 Stroke-Free by 25 :50 :55 1:05 1:10 :15 Rest

5 x 100 Free->Back 1:25 1:40 2:00 2:10 :15 Rest

 Plus :05 every 100

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

4 x 75 Breast->Free 1:25 1:35 1:50 1:55 :15 Rest

 Minus :05 every 100

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

1 x 200 Stroke-Free by 25 3:10 3:30 4:10 4:25 :15 Rest

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

3 x 50 (All Same Stroke) Descend :55 1:00 1:10 1:15 :15 Rest

1 x 100 Free Smooth 1:30 1:40 1:55 2:05 :20 Rest

2 x 25 (Same Stroke) Fast :35 :40 :45 :45 :20 Rest

1 x 50 Easy 1:00 1:10 1:20 1:20 :20 Rest

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

Cool Down

Friday

300 Swim

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

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

1 x 50 Build 1:00 1:05 1:15 1:15 :15 Rest

4 x 25 Fast :35 :40 :45 :45 :20 Rest

1 x 50 Easy 1:00 1:05 1:15 1:15 :15 Rest

1 x 50 Build 1:00 1:05 1:15 1:15 :15 Rest

2 x 50 Fast 1:10 1:20 1:30 1:30 :20 Rest

1 x 50 Easy 1:00 1:05 1:15 1:15 :15 Rest

1 x 50 Build 1:00 1:05 1:15 1:15 :15 Rest

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

1 x 50 Easy 1:00 1:05 1:15 1:15 :15 Rest

4 x 100 Kick w/Rotating Fast 25 2:00 2:15 2:30 2:35 :15 Rest

3 x 25 Choice Descend :30 :35 :40 :40 :15 Rest

:30 Rest

1 x 100 (Dive Opt.) All Out break :10@25s

1 x 75 Easy

1 x 25 Build Speed

1 x 25 Sprint (Dive Opt.)

1 x 50 Easy

Repeat?

Cool Down