**PCY Masters – Week of January 29, 3018**

Monday

300 Swim

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

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

1 x 50 Free :40 :50 1:00 1:05 :15 Rest

1 x 50 Easy 1:00 1:10 1:20 1:30 :20 Rest

1 x 50 Free :40 :50 1:00 1:05 :15 Rest

1 x 100 Free 1:20 1:40 2:00 2:10 :15 Rest

1 x 50 Easy 1:00 1:10 1:20 1:30 :20 Rest

1 x 50 Free :40 :50 1:00 1:05 :15 Rest

1 x 100 Free 1:20 1:40 2:00 2:10 :15 Rest

1 x 150 Free 2:00 2:30 3:00 3:15 :15 Rest

1 x 50 Easy 1:00 1:10 1:20 1:30 :20 Rest

1 x 50 Free :40 :50 1:00 1:05 :15 Rest

1 x 100 Free 1:20 1:40 2:00 2:10 :15 Rest

1 x 150 Free 2:00 2:30 3:00 3:15 :15 Rest

1 x 200 Free 2:40 3:10 4:00 4:20 :15 Rest

1 x 50 Easy 1:00 1:10 1:20 1:30 :20 Rest

1 x 200 Kick – 4th 50 is Fast 4:00 4:30 5:00 5:10 :15 Rest

1 x 150 Kick – 3rd 50 is Fast 3:00 3:20 3:45 3:50 :15 Rest

1 x 100 Kick – 2nd 50 is Fast 2:00 2:15 2:30 2:35 :15 Rest

1 x 50 Kick Fast 1:00 1:10 1:15 1:20 :15 Rest

4 x 25 Fast Swim :35 :40

50 Easy

(2x)

Cool Down

Wednesday

300 Swim

3 x 100 Drill-Swim by 50 on :15 Rest

2 x 100 IM Kick on :15 Rest

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

1 x 400 IM (Dr-Sw-K-Sw by 25) 7:20 8:20 9:20 10:00 :20 Rest

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

2 x 25 Stroke Build :30 :35 :40 :40 :15 Rest

1 x 400 IM (50 Swim-50 Kick) 7:20 8:20 9:20 10:00 :20 Rest

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

2 x 25 Stroke Build :30 :35 :40 :40 :15 Rest

1 x 400 IM Swim break :10@50s 7:20 8:20 9:20 10:00 :20 Rest

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

4 x 25 Stroke FAST :30 :35 :40 :40 :15 Rest

1 x 100 Kick Choice

2 x 100 Swim Choice

Friday

300 Swim

4 x 50 Drill-Swim on :15 Rest

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

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

 ½ Underwater Kick, ½ Build Speed

 6 Fast Underwater Kicks, 4 Sprint strokes, then easy

 4 Fast Underwater Kicks, 6 Sprint strokes, then easy

 (4x)

25 Free :20 :25 :30 :35 :10 Rest

50 Free :40 :45 :55 1:00 :10 Rest

75 Free 1:00 1:10 1:20 1:30 :10 Rest

100 Choice Easy 2:00 2:00 2:30 2:30 :30 Rest

75 Free 1:00 1:10 1:20 1:30 :10 Rest

50 Free :40 :45 :55 1:00 :10 Rest

25 Free :20 :25 :30 :35 :10 Rest

100 Choice Easy

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

3 x 50 Choice Descend to Sprint 1:00 1:05 1:15 1:20 :15 Rest

2 x 50 Choice Descend to Sprint 1:00 1:05 1:15 1:20 :15 Rest

1 x 50 Easy

1 x 200 (50 Fast-150 Easy) 3:30 3:50 4:25 4:45 :20 Rest

1 x 150 (50 Fast-100 Easy) 2:35 2:50 3:20 3:35 :20 Rest

1 x 100 (50 Fast-50 Easy) 1:40 1:50 2:15 2:25 :20 Rest

1 x 50 Fast

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

1 x 200 Cool Down

Saturday

Open Masters Practice @ME Lyons YMCA