**PCY Masters – Week of January 8, 2018**

Monday

No Practice – Ice Storm

Wednesday

300 Swim

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

100 Kick

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

1 x 200 Free 3:00 3:20 4:00 4:20 :20 Rest

2 x 150 Stroke/Free by 25 2:30 2:45 3:15 3:30 :15 Rest

3 x 100 IM Descend 1:35 1:50 2:15 2:25 :15 Rest

4 x 50 Stroke Build :55 1:05 1:15 1:20 :15 Rest

1 x 100 Easy

8 x 25 Choice – Hold steady pace :30 :35 :40 :40 :10 Rest

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

8 x 25 Choice FAST :40 :45 :50 :50 :15 Rest

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

4 x 25 Choice SPRINT :50 :55 1:00 1:00 :30 Rest

Cool Down

Friday

300 Swim

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

200 Swim

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

100 Swim

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

2 x 50 Free :45 :50 1:00 1:05 :10 Rest

4 x 25 Free SPRINT :45 :50 1:00 1:05 :30 Rest

1 x 50 Easy 1:00 1:00 1:15 1:20 :20 Rest

1 x 100 IM or Stroke 1:40 1:50 2:15 2:20 :15 Rest

2 x 50 Stroke :50 :55 1:10 1:15 :10 Rest

4 x 25 Stroke SPRINT :50 :55 1:10 1:15 :30 Rest

1 x 50 Easy 1:00 1:00 1:15 1:20 :20 Rest

(2x)

1 x 25 Kick SPRINT :40 :45 :50 :50 :20 Rest

1 x 25 Easy :30 :35 :40 :40 :15 Rest

2 x 25 Kick SPRINT :40 :45 :50 :50 :20 Rest

1 x 25 Easy :30 :35 :40 :40 :15 Rest

3 x 25 Kick SPRINT :40 :45 :50 :50 :20 Rest

1 x 25 Easy :30 :35 :40 :40 :15 Rest

4 x 25 Swim SPRINT :40 :45 :50 :50 :20 Rest

1 x 25 Easy :30 :35 :40 :40 :15 Rest

Cool Down