**PCY Masters – Week of March 5, 2018**

Monday

300 Swim

4 x 50 Drill-Swim on :15 Rest

200 Swim

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

100 Swim

10 x 100 Free

4 on 1:30 1:40 1:55 2:10 :15 Rest

4 on 1:25 1:35 1:50 2:05 :10 Rest

2 on 1:20 1:30 1:45 2:00 :05 Rest

4 x 50 Descend to 90% effort :50 :55 1:05 1:10 :15 Rest

4 x 50 Non-Free Kick/Swim by 25 1:00 1:05 1:15 1:20 :15 Rest

1 x 500 Free (Pull Optional) :10 Rest at each 100

Choose your challenge

Cool Down

Wednesday

300 Swim

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

3 x 100 Stroke Build-Free Build by 50 1:45 2:00 2:15 2:25 :15 Rest

4 x 25 Kick Variable Sprint :35 :40 :45 :45 :15 Rest

4 x 100 Build- Stroke or IM or IM Order 1:40 1:50 2:10 2:20 :15 Rest

2 x 25 Fast Free :30 :35 :40 :40 :15 Rest

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

8 x 50 Stroke or IM Order :55 1:05 1:15 1:20 :15 Rest

Evens Faster than Odds

2 x 25 Fast Free :30 :35 :40 :40 :15 Rest

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

4 x 25 Choice Fast :35 :40 :45 :45 :15 Rest

1 x 100 Easy 2:00 2:00 2:15 2:20 :30 Rest

4 x 25 Choice Fast :35 :40 :45 :45 :15 Rest

1 x 100 Easy 2:00 2:00 2:15 2:20 :30 Rest

1 x 200 Stroke or IM – FAST – Break :10 @50s

1 x 300 Cool Down

Friday

300 Swim

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

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

8 x 25 – Odds Kick, Evens Build Swim :35 :40 :45 :45 :15 Rest

1 x 100 Swim

16 x 25 :30 :35 :40 :40 :15 Rest

Build

Sprint

Easy

Sprint

(x4)

3 x 100 Kick Descend 2:00 2:15 2:30 2:35 :20 Rest

1 x 100 Easy 2:00 2:15 2:30 2:35 :20 Rest

8 x 50 1:00 1:10 1:20 1:25 :15 Rest

Descend 1-3 to FAST

#4 = Sprint/Easy by 25

(x2)

6 x 50 Kick – FAST in the Black 1:05 1:15 1:25 1:30 :15 Rest

1 x 75 Easy 2:00 2:15 2:30 2:35 :20 Rest

1 x 100 Sprint from Dive

Cool Down

Saturday

300 Swim

300 Kick-Drill-Swim by 25

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

1 x 300 Swim 5:00 5:30 6:15 6:30 :20 Rest

75 Stroke-75 Free-50 Stroke-50 Free-25 Stroke-25 Free

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

1 x 100 Free Smooth 1:45 1:55 2:15 2:20 :20 Rest

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

1 x 200 Kick – Fast in the Black 4:00 4:30 5:00 5:10 :20 Rest

2 x 50 Free Build to Sprint :50 :55 1:05 1:10 :15 Rest

6 x 50 Stroke or Stroke/Free by 25 1:00 1:05 1:15 1:20 :15 Rest

2 x 100 Kick Build 2:00 2:15 2:30 2:35 :15 Rest

4 x 25 Free Sprint :40 :45 :50 :50 :20 Rest

1 x 100 Easy

1 x 75 Build by 25 1:20 1:25 1:40 1:45 :20 Rest

1 x 50 Kick – extended underwater 1:00 1:05 1:15 1:20 :15 Rest

1 x 25 Sprint Choice :30 :35 :40 :40 :15 Rest

1 x 100 Easy

(2x)

Cool Down