**PCY Masters – Week of October 16, 2017**

Monday

300 Swim

4 x 75 Scull/Drill/Swim on :15 Rest

4\* x 100 (75 Swim-25 Fast Kick) 1:40 1:55 2:15(3 2:25(3) :15 Rest

Swim as far as you can in the time given (consider rest at end of swim):

2 x 2:00

2 x 4:00

2 x 6:00

1 x 5:00

2 x 3:00

4 x 1:00

Cool Down

Wednesday