**PCY Masters – Week of October 8, 2017**

Monday

300 Swim

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

200 Kick

8 x 50 Free :45 :50 1:00 1:10 :15 Rest

1 x 400 Free (pull optional)\* 5:40 6:20 6:00\* 6:40\* :15 Rest\*

\*Groups 3,4,5 do 300

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

1 x 200 Free (pull optional) 2:45 3:05 3:50 4:15 :15 Rest

2 x 50 Free :40 :45 :50 1:00 :10 Rest

1 x 100 Easy

8 x 75 Choice 1:30 1:40 2:00\* 2:10\* :15 Rest\*

Odds 50 Kick-25 Fast Swim

Evens 25 Swim-50 Fast Kick

\*Groups 3,4,5 do 6

Cool Down

Wednesday

300 Swim

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

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

1 x 100 IM or Stroke 1:40 1:50 2:15 2:25 :15 Rest

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

1 x 100 Choice Kick 2:00 2:20 2:40 2:45 :15 Rest

4 x 25 IM Order or Stroke Fast :30 :35 :40 :40 :15 Rest

1 x 100 Free 1:40 1:50 2:15 2:25 :15 Rest

(Groups 1,2 = 3x / Groups 3,4,5 = 2x)

1 x 200 IM or Stroke for time (FAST) – break :10 @50s

Cool Down

Friday

300 Swim

200 Drill-Swim by 25

4 x 50 Kick 1:00 1:10 1:25 1:30 :15 Rest

4 x 75 Swim Moderate->Fast 1:10 1:20 1:40 1:45 :15 Rest

100 Easy

1 x 200 Free with Fast Walls\* 2:50 3:15 3:00 3:20 :15 Rest

\*Groups 3,4,5 do a 150

10 x 50 Choice Swim :55 1:00 1:10 1:15 :15 Rest

3 Moderate – 1 Fast

2 Moderate – 1 Fast

1 Moderate – 1 Fast

1 Easy

1 x 200 Kick with Fast Walls\* 4:15 4:45 4:30 4:45 :20 Rest

\*Groups 3,4,5 do a 150

14 x 25 Choice Swim :35 :35 :40 :45 :20 Rest

1 Moderate – 1 Fast

1 Moderate – 2 Fast

1 Moderate – 3 Fast

1 Moderate – 4 Fast

1 x 50 Easy

1 x 100 Choice for time (FAST) – break :10 @25s

Cool Down

Saturday

300 Swim

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

8 x 50 Choice

Odds Kick 1:00 1:10 1:20 1:25 :15 Rest

Evens Build Swim :50 1:00 1:10 1:15 :15 Rest

4 x 100 (25 Stroke-75 Free)\* 1:35 1:50 2:10 2:15 :15 Rest

\*Groups 3&4 do 3 / Group 5 does 2

1 x 100 IM or Stroke 1:40 1:55 2:15 2:20 :15 Rest

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

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

4 x 100 (50 Stroke-50 Free)\* 1:40 1:55 2:15 2:20 :15 Rest

\*Groups 3&4 do 3 / Group 5 does 2

1 x 100 IM or Stroke 1:40 1:55 2:15 2:20 :15 Rest

4 x 50 Free :50 :55 1:05 1:10 :15 Rest

1 x 50 Easy 1:00 1:10 1:20 1:30 :15 Rest

4 x 100 IM or 75 Stroke-25 Free\* 1:40 1:55 2:15 2:20 :15 Rest

100 Easy

Dives / Relays

Cool Down