**PCY Masters – Week of October 2, 1017**

Monday

300 Swim

4 x 75 Drill->Swim on :15 Rest

200 Kick

2 x 50 Free – Descend Stroke Count :50 :55 1:05 1:10 :15 Rest

1 x 100 Free – Low Stroke Count 1:30 1:40 2:00 2:10 :15 Rest

4 x 50 Free – Stoke Count Golf 1:00 1:00 1:15 1:20 :15 Rest

1 x 200 Free – Build Speed by 50 2:50 3:15 3:50 4:00 :15 Rest

6 x 50 Free – Hold Pace & Strokes :45 :50

1 x 300 Free – Descend by 100s 4:15 4:50

4 x 50 Flutter Kick 1:00 1:15 1:30 1:35 :15 Rest

1 x 200 Free – Build Speed by 50 2:50 3:15 3:50 4:00 :15 Rest

2 x 50 Easy :55 1:10 1:20 1:25 :15 Rest

1 x 100 Free FAST

1 x 100 Easy

4 x 25 Choice Sprint :45 :45 :50 :50 :20 Rest

Cool Down

Wednesday

\*No Formal Practice – Bubble Up\*

300 Swim

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

4 x 50 Kick 1:00 1:15 1:30 1:35 :15 Rest

4 x 25 Build :30 :30 :35 :35 :15 Rest

8 x 75 (25 Stroke-50 Free) 1:20 1:30 1:45 1:50 :15 Rest

100 Kick 2:00 2:15 2:40 2:45 :15 Rest

4 x 50 (25 Stroke-25 Free) :55 1:05 1:20 1:25 :15 Rest

100 Kick 2:00 2:15 2:40 2:45 :15 Rest

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

100 Easy

2 x 75 Change strokes by 25 1:25 1:35 1:50 1:55 :15 Rest

100 Kick 2:00 2:15 2:40 2:45 :15 Rest

4 x 50 IM Order or Stroke 1:00 1:10 1:25 1:30 :15 Rest

100 Kick 2:00 2:15 2:40 2:45 :15 Rest

8 x 25 Choice :30 :30 :35 :35 :15 Rest

100 Easy

Cool Down

Friday

300 Swim

4 x 100 (50 Drill-25 Swim-25 Kick) on :15 Rest

4 x 50 Choice Descend :55 1:05 1:20 1:25 :15 Rest

4 x 25 Variable Sprint :30 :35 :40 :40 :15 Rest

4 x 125 Free 2:10 2:20 2:45 2:50 :15 Rest

(100 Swim-25 Fast Kick)

1:00 Rest

4 x 125 2:30 2:40 3:00 3:10 :20 Rest

(50 Build, :10 Rest, 2 x 25 Fast w/:10 Rest, 25 Easy)

1:00 Rest

4 x 125 Choice 2:30 2:40 3:00 3:10 :20 Rest

(75 Kick, :05 Rest, 25 Sprint, 25 Easy)

6 x 50 Choice Ascend 1-3, 4-6) :55 1:00 1:15 1:20 :15 Rest

(Get slower from 1 to 2 to 3, repeat)

100 Easy

Saturday

300 Swim

6 x 50 (Odds Drill/Swim, Evens Kick/Swim) on :15 Rest

4 x 100 Free 1:35 1:50 2:10 2:25 :15 Rest

Minus :05 every 100

8 x 75

Odds IM (No Free) or Stroke 1:20 1:30 1:45 1:50 :15 Rest

Evens Free 1:05 1:15 1:30 1:35 :15 Rest

1 x 200 IM Kick 4:00 4:30 5:00 5:15 :15 Rest

1 x 50 Easy

4 x 150 IM Combo 2:30 2:45 3:15 3:30 :20 Rest

(Fl-Fr-Bk-Fr-Br-Fr by 25)

1 x 200 Choice Kick 4:00 4:30 5:00 5:15 :15 Rest

1 x 50 Easy

1 x 300 IM or IM Combo or Stroke 4:45 5:15 6:15 6:30 :20 Rest

1 x 200 Social Kick

100 Easy

Relay?