**PCY Masters – Week of Dec. 18, 2017**

Monday

300 Swim

4 x 75 (50 Drill-25 Swim) on :15 Rest

100 Kick Choice

6 x 50 Free – Descend 1-3, 4-6 :45 :50 1:00 1:05 :15 Rest

1 x 300 Free (Pull optional) 4:15 5:00 6:00 6:15 :15 Rest

1 x 100 Free 1:30 1:40 1:55 2:05 :15 Rest

:30 Rest

1 x 200 Free (Pull optional) 3:00 3:20 3:50 4:10 :15 Rest

2 x 100 Free 1:25 1:35 1:50 2:00 :15 Rest

:30 Rest

1 x 100 Free (Pull optional) 1:30 1:40 1:55 2:05 :15 Rest

3 x 100 Free 1:20 1:30 1:45 1:55 :10 Rest

100 Easy

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

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

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

2 x 50 Kick Choice 1:00 1:10 1:20 1:25 :15 Rest

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

3 x 50 Kick Choice 1:00 1:10 1:20 1:25 :15 Rest

Cool Down

Wednesday

300 Swim

200 Drill-Swim by 25

4 x 50 Swim Build :55 1:00 1:10 1:15 :15 Rest

100 Kick

1 x 200 IM or IM Combo 3:15 3:40 4:20 4:30 :15 Rest

4 x 25 Fly (Swim or Drill or Kick) :30 :40 :45 :45 :15 Rest

1 x 50 Free Smooth 1:00 1:00 1:15 1:20 :15 Rest

1 x 200 IM or IM Combo 3:15 3:40 4:20 4:30 :15 Rest

4 x 50 Back :55 1:05 1:15 1:20 :15 Rest

1 x 50 Free Smooth 1:00 1:00 1:15 1:20 :15 Rest

1 x 200 IM or IM Combo 3:15 3:40 4:20 4:30 :15 Rest

4 x 25 Fly (Swim or Drill or Kick) :30 :40 :45 :45 :15 Rest

1 x 50 Free Smooth 1:00 1:00 1:15 1:20 :15 Rest

1 x 200 IM or IM Combo 3:15 3:40 4:20 4:30 :15 Rest

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

1 x 50 Free Smooth 1:00 1:00 1:15 1:20 :15 Rest

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

4 x 25 Swim Build :30 :35 :40 :40 :15 Rest

4 x 25 Kick Moderate :35 :40 :45 :45 :15 Rest

4 x 25 Swim Fast :30 :35 :40 :40 :15 Rest

1 x 50 Free Smooth 1:00 1:00 1:15 1:20 :15 Rest

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

Cool Down

Friday

300 Swim

8 x 50 (odds Drill-Swim, evens Kick-Swim) on :15 Rest

4 x 25 Build Choice :30 :35 :40 :40 :15 Rest

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

100 Easy

1 x 25 Swim :35 :40 :45 :45 :15 Rest

1 x 50 Swim :50 :55 1:05 1:10 :15 Rest

1 x 75 Swim 1:10 1:20 1:35 1:40 :15 Rest

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

2 x 25 Swim :30 :35 :40 :40 :15 Rest

2 x 50 Swim :45 :50 1:00 1:05 :15 Rest

2 x 75 Swim 1:05 1:15 1:30 1:35 :15 Rest

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

3 x 25 Swim :25 :30 :35 :35 :10 Rest

3 x 50 Swim :40 :45 :55 1:00 :10 Rest

3 x 75 Swim 1:00 1:10 1:25 1:30 :10 Rest

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

4 x 75 (25 Kick-25 Stroke-25 Free) 1:20 1:35 1:55 2:00 :15 Rest

 Ascend (get slower) 1-4

Cool Down

Saturday

300 Swim

2 x 150 Kick-Drill-Swim by 50 on :15 Rest

8 x 25 Choice

 1-4 on :30 :35 :40 :40 :15 Rest

 5-8 on :25 :30 :35 :35 :10 Rest

3 x 250 (100 Free-50 Stroke-100 Free) 3:45 4:15 4:45 5:00 :20 Rest

1 x 150 Kick (on back/right/left by 50) 3:00 3:30 4:00 4:00 :15 Rest

2 x 200 (50 Free-100 Stroke-50 Free) 3:10 3:30 4:00 4:10 :20 Rest

2 x 75 Kick with board 1:30 1:45 2:00 2:00 :15 Rest

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

3 x 50 Kick Choice 1:00 1:10 1:20 1:20 :15 Rest

1 x 100 Easy

20 x 25 Choice

 4 Build :30 :35 :40 :40 :15 Rest

 3 Underwater streamline Kick :40 :45 :50 :50 :15 Rest

 2 Sprint (Dive #1) :50 :55 1:00 1:00 :20 Rest

 1 Easy 1:00 1:05 1:10 1:10 :30 Rest

Cool Down