**PCY Masters – Week of Dec. 25, 2017**

Monday

Merry Christmas!

Wednesday – Long Course

300 Swim

300 Drill-Swim by 50

200 Kick

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

1 x 200 Free 3:15 3:35 4:20 4:30 :15 Rest

2 x 150 (50 Free-50 Stroke-50 Free) 2:40 2:55 3:20 3:30 :15 Rest

3 x 100 (50 Stroke-50 Free) 1:55 2:10 2:30 2:40 :15 Rest

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

1 x 50 Kick 1:15 1:25 1:35 1:40 :15 Rest

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

2 x 50 Kick 1:15 1:25 1:35 1:40 :15 Rest

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

3 x 50 Kick 1:15 1:25 1:35 1:40 :15 Rest

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

Cool Down

Friday

300 Swim

4 x 150 (Kick-Drill-Swim by 50) on :15 Rest

4 x 50 Build to Sprint Choice 1:00 1:05 1:15 1:20 :15 Rest

12 x 50 1:00 1:05 1:15 1:30 :15 Rest

Every 4th one FAST

1 x 50 Easy 1:15 1:20 1:30 1:40 :30 Rest

9 x 50 1:05 1:10 1:20 1:35 :20 Rest

Every 3rd one FAST

1 x 50 Easy 1:15 1:20 1:30 1:40 :30 Rest

4 x 50 1:10 1:15 1:25 1:40 :20 Rest

Every other one FAST

1 x 50 Easy 1:15 1:20 1:30 1:40 :30 Rest

2 x 50 FAST 1:15 1:20 1:30 1:45 :30 Rest

Cool Down

Saturday

300 Swim – 200 Drill – 100 Swim

4 x 50 Kick 1:15 1:20 1:30 1:40 :15 Rest

50 Smooth :55 1:00 1:10 1:20 :10 Rest

100 Negative Split 1:45 1:55 2:15 2:40 :15 Rest

150 Build Speed by 50 2:30 2:45 3:30 4:00 :20 Rest

200 Negative Split 3:15 3:35 4:15 4:40 :30 Rest

6 x 50 Stroke (No Free) 1:00 1:10 1:25 1:30 :15 Rest

200 Smooth 3:30 3:50 4:30 5:00 :30 Rest

150 Build Speed by 50 2:30 2:45 3:30 4:00 :20 Rest

100 Negative Split 1:45 1:55 2:15 2:40 :15 Rest

50 FAST :55 1:00 1:10 1:20 :10 Rest

100 Easy

4 x 50 Kick 1:15 1:25 1:40 1:45 :15 Rest

:30 Rest

4 x 50 Kick/Swim by 25 1:05 1:15 1:30 1:35 :15 Rest

:30 Rest

4 x 50 Swim Variable Sprint 1:00 1:10 1:25 1:30 :15 Rest

(Dive #3?)

200 Cool Down