

Mariners,

This workout is mostly a longer free set, so feel free to adjust to your needs. Take enough rest to make the second swim a good one!

See you soon.

Clay

Set 1

4x100 choice warm up

Set 2

2x400, 2x300, 2x200-second one in each set is hard.

Set 3

4x50 easy 25, 25 drill

Set 4

6x75 kick

Set 5

200 warm down