

Mariners,

A workout for when you want more yardage! Enjoy.

Clay

Set 1- Warm Up

100-2x75-3x50-4x25- Swim the 100s and 50s, drill the 75 and 25s.

Set 2

200 free, 4x100 descend

200 free, 4x75 descend

200 free, 4x 50 descend

200 free, 4x25 descend

200s are easy to moderate.

Set 3

5x 100 IM done the following way-25-50-25 -pick back or breast for the middle 50

Set 4

4x100 kick