

Mariners,

This workout is all pyramids and can be adapted to the amount you want to swim by adding to or subtracting from the top of the pyramids. Have fun with it!

Clay

Set 1

25-50-75-100-75-50-25

25s are easy, 50s are stroke drill, 75s build up your speed, 100 is easy.

Set 2 (The Big One)

50-100-150-200-250-300-250-200-150-100-50

Swim a solid distance pace through lout the set and turn up the speed on the last 50s of the 150s and 250s.

Set 3

25-50-75-100-75-50-25

Kick set. Work the last length on each one.

Set 4

25-50-75-50-25

Warm down