

Mariners,

Wednesday workout is delivered from July 16, 2013 with a few adjustments. In this workout I want you to focus on distances per stroke. Notice where your hand enters the water and exits the water compared to a mark or line on the bottom. Your hand should remain stationary to the fixed point on the bottom through the pull. Your body should be moving past your hand/arm, not your arm passing by your body. Focus on this during the first set during the drill section. See if this doesn't give your a stronger hold on the water.

Clay

- 1) 3x100 drill 50, swim 50**
- 2) 50-100-150-200 x3 descend each cycle. Rest- 15 seconds on the 50-30 on the 100-45 on the 150-60 after the 200.**
- 3) 4x50 EZ swim**
- 4) 8x50 kick 20 seconds rest**
- 5) 4x100 fast 1 minute rest**
- 6) 200 cool down.**