

**Mariners,
Here is your Wednesday workout.
Clay**

1) 8x50 drill a 50/ swim a 50. Drill on this is one arm freestyle. Rotate arms halfway through the 50. Keep the opposite arm straight out in front of you. If you feel the need to pull the opposite arm, check your breathing to make sure you are breathing while pulling and not after pulling.

2)4x100-2x50, 3x100-2x50, 2x100-2x50, 100-2x50. The 100s are a 200 speed pace. The 50s are easy.

3) 200s- 150 EZ, 50 fast ,4 total in IM order

4) 4x100 kick