

Mariners.

This one is from 4 years ago when we gathered together at Bethesda Outdoor Pool August 7. This is a Sunday workout so it's a little longer. Cut and paste it to meet you needs. Stay safe and keep swimming.

Clay

1)4x100- drill a 50, swim a 50

2)100-200-300-400-300-200-100 take 15 seconds rest for each 100. This is a pace set, so hold a consistent speed.

3)4x100 kick- 20 seconds rest.

4)50-100-150-200-150-100-50- Pace set, however, the last length on the 50 and 150 are fast

5)12 X 50 Easy one, build one, fast one x4