

**Mariners,**

**This is the oldest workout I have recorded coming from July 2009 and features a favorite pyramid set. I hope this gets your December off to a good start.**

**Clay**

**1) 6x50 warm up**

**2)50,100,150,200,200,150,100,50 free-Hold a steady moderate pace throughout. Rest 20 to 30 seconds.**

**3)200 IM , 2x150 IM, 3x100 IM, 4x 50 IM**

**4)8x50 kick**

**5)Swim down**