

Mariners,

A day late, but better late than never!

Enjoy.

Clay

1) 6x75 odds are easy, evens are drill. Work on distance per stroke by counting to two when your hand is extended on freestyle.

**2) 4x100-4x50 descend 1-4 on each
3x100-3x50 descend 1-3 on each
2x100-2x50 easy one, fast one on each.
100- 100 fast, 50 easy.**

3) 4x100 kick

**4)6x150 build 1 and 2, then swim the one 3rd east.
Repeat twice.**