

Mariners,

With snow in the forecast you may tuck this workout away for another clear day. Stay safe out there!!!

Clay

1) 6x50- 25 build up, 25 easy. Choice stroke. 15 seconds rest.

2)200x2- Hard 200 followed by an easy 200. Repeat 3 times. 45 seconds rest.

3) 8x50 kick- 25 fast, 25 easy for each 50. 15 seconds rest.

4) 8 x 75-swim either two or three different strokes per 75. Moderate pace. 30 seconds rest.