

**Mariners,**

**I wish everyone a very nice Holiday season and good health! This weeks workout is one of my favorites, so enjoy.**

**Clay**

**1)8x50 - Easy 25 drill 25**

**2)4x100, 4x50, 3x100, 3x 50, 2x100, 2x 50, 1x100, 1x50-  
Hold a steady pace on the 100s and descend the 50s**

**3) 8x50 kick 25 fast, 25 easy**

**4) 6x75 IM- moderate pace, choice of 3 strokes on  
each 75.**