

**Marines,
Have a very Happy New Year and I know we will be
back at the pool this year.**

Clay

1)50-100-50, easy on the 50s, build up the 100.

2)

2x500 Steady distance pace

4x250 steady distance pace

6 x100, descend the 100s

3)4x50 ez swim

4)8x50 kick 10 seconds Rest

5)12x75 50 fast, 25 ez. Choice of stroke