

**Mariners,**

**To get us through the cold and snow, I've pulled a workout from July 2014. We were probably complaining about the hot water temperature then!!!**

**Enjoy.**

**Clay**

**Set 1) 4x100-25 drill, 25 EZ stroke x2 per 100**

**Set 2) 4x50 25 build, 25 EZ on each 50**

**Set 3) 100 fast, 100 EZ x 2**

**50 fast, 100 EZ x2**

**25 fast, 75 EZ x 2**

**Set 4) 8x50 kick**

**Set 5) 8x100- odds are 80% effort, evens are slow to moderate. Mix up your strokes throughout or do IM.**