

**Mariners,
Another round of storms and workouts. Stay safe out
there!**

Clay

Warm up

6 x50 build 25, ez 25

Main set- descend each set of 3

3x200

3x150

3x100

3x50

Kick set

4x100 kick

Optional IM set

**6X 75- Fly, back, breast or Back, Breast, free. Work 1
length of each 75**

Warm down

200

Total 2850