

**Mariners,
Here's your Wednesday workout for your use at
anytime! Enjoy.
Clay**

**Set #1
6x75 -easy 25, build 25, easy 25**

**Set #2
4 sets of 3x100. Easy 50 between sets. Descend each
set of 3.**

**Set #3
12x 50- rotate the 50s-fly back, back breast, breast
free**

**Set #4
8x50 kick-first length fast.**