

Mariners,

Here's a workout from 4 years ago. Let's hope the next 4 years are smooth.

Clay

Set 1

8x50- 25 build/25ez choice stroke

Set 2

3(4x100), 80% 1st set, descend 2nd set, 85% 3rd set

Set 3

3(3x75)1st set IM, 2nd set choice stroke, 3rd set IM.

Set 4

3(3x50), choice 50, mixed stroke 50, choice 50

Set 5

25 kick, 50 drill, 50 kick, 50 drill, 75 kick, 50 drill, 100 kick, 50 drill- 15 seconds rest between each.