

**Mariners,  
New President and a new workout. Enjoy!  
Clay**

**Set #1**

**8x50 25 drill, 25 swim**

**Freestyle drill- count to 4 on the extension before initiating the pull.**

**Set #2**

**150-100-50 X 5**

**Descend your effort from the 150 to the 50s. Take 20 seconds after 150, 30 after 100 and 45 after 50.**

**Set #3**

**75 kick X 6**

**Work the middle 25 of each 75.**

**Set #4**

**100-75-50-25 IM X 3**

**Start with a 100 IM and drop one stroke as the distance get shorter.**