

## Mariners

Here is your Wednesday workout. I am pulling a workout from July 2018. Feel free to take the amount rest you need so that you have a good swim. Total workout is 2700.

## Clay

1) 10x 50S -1/2 length each- odd lengths -stroke drill, easy swim,  
Even lengths-build, easy swim

2) 1 x 200- 2x100, 2x50 x 2. Slight pace increase as the distances get shorter.

3) 1x 100, 2x50 repeat 4 Times. Build the 50s.

4) 8x50 kick.