

Mariners,

Here's your Wednesday workout and I dug deep into the archives for this one. July 31, 2008. It was probably a hot night like now and the water was steamy hot. The economic crisis was on the horizon and I started saving all my workouts in my new iPhone. There are now over 600 workouts in my pocket/phone that I carry around with me. Looking forward to sharing them with everyone during this strange period. No news on starting back at this time though. I, of course, will forward any info that I receive. Take care.

Clay

6x50 1/2 length each build up /ez

1x200, 2x100 repeat 3 times-emphasis is on the 200s.

20x50 IM order- one of four 50s is fast

2x200 kick

Warm down