

Mariners,

Here's your Wednesday workout a little early just in case you are swimming Wednesday morning. I'm going back to a workout that I slightly modified from approximately 5 years ago on October 19, 2015. Feel free to adjust to your tastes and needs.

Clay

4x100-Each 100 is 25 swim, kick, choice stroke drill, swim-rest 20 seconds between 100s.

2x250 -swim 200 fast,50 EZ

2x200 -swim 150 fast,50 EZ

2x150 -swim 100 fast, 50 EZ

2x100 -swim 50 fast, 50 EZ

30 seconds rest between swims.

IM set

100 IM, 50 kick

100 back,50 kick

100 IM, 50 kick

100 breast, 50 kick

100 IM, 50 kick

100 free, 50 kick

Rest 30 seconds after the kick portion.

I hope this works well for you. Total 2700.