

**Mariners,**

**We start up June 20. Don't forget to register and have your USMS registration current. See you soon.**

**Clay**

**1) 500 warm up. 100 free, 100 stroke, repeat.**

**2) 2 x(300, 200, 100) swim the 200 fast.**

**3 )4 x 100 kick**

**4) 6 x 100 25 easy, 50 medium fast, 25 easy. Your choice stroke.**

**200 warm down.**