

Mariners,

We now have “drop in” packages available online if you want to swim only 1,2,4 or 8 times this summer. June 20 is only a week and a half away.

Clay

4x100 easy

2(300-200-100) 300 easy, 200 medium, 100 hard.

10x 50 50 fast, 50(25 fast, 25 easy) Take plenty of rest to keep good form.

6x 75 kick. Build each 75. 15 seconds rest.