

**Mariners,**

**We start up this Sunday. Those are nice words to write and hear. I think David's email from the other day summed up my thoughts and feelings pretty well and I thank him for writing such a thoughtful message to the team. I hope that things will feel normal again soon and I know swimming will help. Thanks to everyone who has helped me get this restarted and through the last 15 months. And with that, I send you the last Wednesday workout.**

**P.S. This one is for Coach Peter ( Lots of 50s)  
Clay**

**8x50 25 drill/ 25 swim**

**5(4x 50)- take 10 seconds rest between 50s. 1 minute between sets. Hold a strong pace through out the set.**

**8x 50 kick- 1st length fast, 2nd easy.**

**4x50- 50s in IM order.**

**3x50- 50 back, 50 breast , 50 free**

**2x50- 50 breaststroke, 50 free**

**1x50 - 50 free**

**200 Easy**