

**Mariners,
Welcome to March and I hope this madness ends
soon! Enjoy the below workout from March 6 years
ago.
Clay**

**Set 1
4x100 swim, kick, drill, swim by 25**

**Set 2
3x100, 4x100, 5x100, 4x100, 3x100
Descend each set**

**Set 3
10 x 75 (50 EZ, 10 seconds rest, 25 fast) choice stroke
on each.**

**Set 4
4x100 kick- steady moderate pace. -5 seconds rest**