

**Mariners,**

**To celebrate my daughters 14th birthday, we will be doing a main set of 14 100s. Enjoy!**

**Also, we are working to start Masters again in June. Hoping for not many restrictions by then. I will send more information when it is available.**

**Clay**

**Set 1**

**8 x 50 Easy 25, build 25**

**Set 2**

**Birthday set of 14 x 100 ( 2 sets of 7 descend 1-7 and 7-14)**

**Set 3**

**6 x 75 25 free easy, 25 fast non free, 25 easy free**

**Set 4**

**4x 100 kick**

**200 easy warm down.**