

**Mariners,**

**I can now tell you that we will be starting up workouts again on June 20. There should be little restrictions when we start back, but, of course, things can change. I know this isn't soon enough, but a start date is a start date and I'm happy to have one on the calendar! Also, Happy St. Patty's Day to all. Hope your are enjoying it.**

**Now on to a workout!**

**Set 1**

**4x75- Easy, build, drill by 25s.**

**Set 2**

**3x 200 descend- minute rest.**

**2 x 200 descend - minute rest**

**1x 200 fast.**

**Set 3**

**16 x 25 - pick 3 different strokes to do throughout the set and swim easy on the odds and fast on the evens.**

**Set 4**

**8 x 50 kick. First length hard.**

**Warm down 200**