

**Mariners,**

**Seems like we will be good to go in June. I've been offered the vaccine twice now, but couldn't make it to the appointment times offered. We will get this behind us and be swimming together again soon.**

**Be safe.**

**Clay**

**1)4 x 100 25 swim kick drill swim choice stroke.**

**2) 4x200, 3x150, 2x100, 1x 50- The last one in each set is fast.**

**3)3x150 kick**

**4) 200 EZ**

**If you want a longer workout, do 4 each on the main set.**

**Enjoy.**