

Mariners,

We are less than 3 months until we resume workouts.

Yay! And that's no April Fools joke!

Clay

Set # 1

400 easy swim.

Set #2

3 sets of 3 100s. Descend each set.

Set #3

3 sets of 3 50s. Descend each set. No freestyle on this set.

Set #4

4 x 100 kick. Work lengths 1 and 3

Set # 5

Long warm down. 3 x 200 easy.