

Mariners,

Mark you calendars. June 20 is just a little more than 4 weeks away. Look for registration information soon.

Clay

Set 1

8x50 easy 25, drill 25

Set 2

2(300-200-100) 30 seconds rest. Hold a strong pace throughout. Take extra rest between the 2 sets.

Set 3

8x 50. Choice stroke. 25 easy, 25 fast.

Set 4

4 x 100 kick

200 easy.