

Mariners,

Here is your Wednesday workout. This is a bipartisan workout as it has something for both freestylers and stroke swimmers. No mail in ballot needed to get a good workout.

Also, we are still working to get workouts going again. Should have news in the next week.

Clay

1)8x50 odd 50s-swim/kick, even 50s-swim/drill

2)4x200, 3x150,2x100,1x50- last 50 of each swim is fast.

3)8x 75- pick at least two strokes for each 75. This is a moderate effort set.

4)4x100 kick- 15 seconds rest

5) 200 warm down