

Mariners,

Update on restarting. The plan is to start after Thanksgiving subject to no changes from the Governor. Should have more info next week. Stay safe!

Clay

1) 8x50 build/ez choice

2) 3(4x100), 80% 1st set, descend 2nd set, 85% 3rd set

3) 3x4x75 1st set IM, 2nd set choice, 3rd set IM.

4) 4(3x50), choice, mixed stroke, choice by set

5) 25 kick, 50 drill, 50 kick, 50 drill, 75 kick, 50 drill, 100 kick, 50 drill