

Mariners,

Wednesday's workout is from December 30, 2014. It's a quality swim workout. Take the rest you need to swim fast. Have a great workout.

Clay

1)6x50 25 EZ- 25 build

2)9 x 150 -swim fast one 50 per 150. Rotate from the first 50 fast , then the second, then third.

3)5 sets of 3 x50- EZ 50-build 50- fast 50. Repeat.