

**Mariners,**

**Today's workout is slightly sinister to celebrate the Halloween season! We will be doing all sets of 6s.**

**Clay**

- 1) 6x75 Swim Kick Drill by 25-choice stroke.**
- 2) 6x150 distance pace freestyle-25 seconds rest.**
- 3) 6x100 descend 1-3. 4-6. Can be freestyle or your choice stroke.**
- 4) 6x50 25 EZ and 25 hard**
- 5) 6x50 kick**