

Mariners,

This weeks workout is from March 16, 2014. I hope it helps you get a good workout here in October 2020! We are still working on getting back to the pool and hope to have some news soon. Take care.

Clay

1)8x50- 25 drill, 25 swim

2)150-100-50 X 5- make your 50 fast.

3) 50 kick 50 drill X 6- choice kick/stroke

4) 100-75-50-25 IM X 3. Drop one stroke as the distance comes down.

5) Warm down.