

Mariners.

Welcome to September when the Fall session should soon be starting! Unfortunately, we still do not know when the masters program will restart. Hopefully this Fall will bring better news!

Clay

Workout this week is below:

- 1) 8 x50- odds are swim, evens are kick**
- 2) 3 sets of 4 100s. Descend the 100s.**
- 3) 4x 150 IM. Choose 3 strokes for each 150.**
- 4) 8x 50- odds are fast, evens are slow. Your choice stroke.**
- 5) 200 easy swim.**