

Mariners,

Here is your Wednesday workout. It's September and I hope you still have an outdoor pool for your workouts. It's a great time of year to swim outdoors. Enjoy the workout.

Clay

- 1) 6x50- Easy 50, build 50**
- 2) 3x200,3x150,3x100,3x50 Descend each set of 3.**
- 3) 100 EZ**
- 4) 4x100 kick- build the second 50 of each 100.**
- 5) 125 IM X 4- 100 IM plus a 25 of your choice.**