

Mariners,

Below is your Wednesday workout. Fall weather is here after a hot summer. It's a good time to add outdoor activities like walking, running and biking to your routine.

Clay

1)6x50 Easy 50, Build 50

2)Pyramid- Steady moderate pace throughout with rest of 15 seconds per 50 you swim. 50,100,150,200,200,150,100,50 free

3)200 IM, 2x150 IM, 3x100 IM, 4x 50 IM- Drop one stroke as the distance comes down.

4) 6x50 free drill- 25 catch up, 25 2 right arm pulls followed by 2 left arm strokes. Alternate right left.

5)8x50 kick

Swim down