

Mariners,

Here is you Wednesday workout. This workout would be a Sunday type workout, so a little longer.

Enjoy.

Clay

Set 1

4x100 warm up.

Set 2

600, 500, 400, 300, 200 , 100

The 5, 3 and 1 are easy. The 6, 4 and 2 are harder.

Set 3

4 x 400 kick. First and last lengths fast.

Set 4

8x 50 choice of stroke. The odds are easy, the evens are build up.

Set 5

200 warm down