

Mariners,

Here's a workout to take your mind off the day's events!

Clay

1)4 x100 warmup

2)6 x 200 (150 distance pace, 10 seconds rests, then 50 fast. 45-60 seconds rest.)

3)4x 150 (100 distance pace, 10 seconds rest, 50 fast choice stroke.)

4) 2x100 kick (50 moderate, 50 fast)

5) 200 easy.