

Mariners,

It's pyramid Wednesday! Wrap up January with Egyptian pyramid sets! Enjoy.

Clay

1)25-50-75-100-75-50-25

Build up the 25 and 75s. Easy on the 50 and 100.

2)25-75-125-175-225-175-125-75-25

Moderate pace except the last 25 of each swim is fast.

3)50-100-150-100-50 kick

4)25-50-75-100-75-50-25

IM set. Start with fly and add a stroke as the distance increases up to 100 IM.