

Mariners,

I got to swim outside this week and it was awesome. Gets me excited to get our program up and running again next month.

Clay

1x 300 warmup

2 x 200 Easy on first one, build up your speed on the second.

4x 150- last 50 of each 150 is fast.

6x 100- descend 1 to 3 and 4 to 6.

8x 50- easy first length, build up 2nd length. Choice of stroke.

10x 25- kick. 10 seconds rest. Odds are fast.

200 easy.