

Mariners.

One last workout before the big feast tomorrow. I hope everyone has a nice Thanksgiving and stays safe at the same time.

Clay

1) 6x50- build length, easy length

2)50 free-50stroke

100 free-50 stroke

150 free-50 stroke

200 free-50 stroke

Repeat 2 times

1st time through swim freestyle fast

2nd time through swim strokes fast

3)5x 100 kick

4)9 x50- swim as 3 sets of 3. First 50 is easy, second 50 build up, third 50 fast.

5) warm down.