

Mariners,

I am hoping to share information soon about restarting the Masters workouts. It will be on a limited basis, but just getting started will be positive. More information will be coming when it is available.

Clay

1) 6x50 build -25, ez 25

2) 200-2x100-4x50 x 2- descend the 100s and 50s.

3) 8x50 kick

4) 100-2x50- 3 times through. 100s IM, 50 non freestyle.