

## Focus: Best Efforts and EZ Recovery

4/21-22

### Warm Up:

3 x 100 50 Ez + 50 Build	R:10	
4 x 75 Free DPS	R:10	
4 x 50 25 Fast/25 EZ	R:10	(800)

### Best Efforts and Ez:

7 x 100 Free Best Effort	R:15	
1 x 500 EZ Recovery	R:60	
5 x 100 Free Best Effort	R:15	
1 x 500 EZ Recovery	R:60	
3 x 100 Free Best Effort	R:15	(2,500)

### Cool Down: (6:05pm)

100 Free EZ w/Tennessee Turns	R:20
2 x 50 Free	R:20
25 streamline kick on back + 25 Free w/"high hips"	