

## Focus: Best Efforts & EZ Recovery

Wednesday

### Warm Up:

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

### Drill:

100 Free EZ w/Perfect Flip Turns	R:20	
2 x 50 Free	R:20	
25 streamline kick on back		
+ 25 Free w/"high hips"		(300)

### Best Efforts and Ez:

5 x 100 Free Best Effort	R:15	
1 x 250 EZ Recovery	R:60	
3 x 100 Free Best Effort	R:15	
1 x 250 EZ Recovery	R:60	
3 x 100 Free Best Effort	R:15	(1,600)

### Cool Down:

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