

Focus: Best Efforts and EZ Recovery

Wednesday

Warm Up:

3 x 100 50 Ez + 50 Build	R:10	
4 x 75 Kick Choice	R:10	
4 x 50 Pull DPS	R:10	(800)

Best Efforts and Ez:

6 x 100 Free Best Effort	R:15	
1 x 400 EZ Recovery	R:60	
4 x 100 Free Best Effort	R:15	
1 x 400 EZ Recovery	R:60	
2 x 100 Free Best Effort	R:15	(2,000)

Cool Down:

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