

# Focus: Best Efforts and EZ Recovery

Monday

## 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)

## Mid-Pool Turns x8 1/2 lengths, fast into walls

## 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:

2 x 50 Free	R:20	
25 SLOB kick on back - press back towards floor + 25 Free w/"high hips" lower head under water		
100 Non-Free EZ	R:20	