

Base: Best Efforts and EZ Recovery

Monday

Warm Up:

3 x 100 Swim Choice	R:10	
3 x 50 Kick Choice	R:10	
3 x 50 Pull DPS	R:10	(600)

Best Efforts and Ez:

3 x 100 Free DPS	R:20	
1 x 200 Kick	R:60	
2 x 100 Back DPS	R:15	
1 x 200 Kick	R:60	
3 x 100 50 Free/50 Back	R:15	(1,200)

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	