

Base: Best Efforts & EZ Recovery

Monday 3/28

Warm Up:

2 x 100 - 50 Finger tip drag + 50 DPS
5 minute Vertical Kick - variable kick & sculling
4 x 50 DPS - 25 Back/25 Free (400+)

Drill: 2x (3x50) Free -w/fins

R1: Catch up Drill

R2: Paddle or Fist Swim (300)

Best Efforts and Ez:

5 x 100 Odd Free/Even Stroke	R:15"	
1 x 100 EZ Recovery Kick	R:60"	
4 x 100 Odd Free/Even Stroke	R:15"	
1 x 100 EZ Recovery Kick	R:60"	(1,100)

Swims: Timed

1 x 50 + 100 Ez Choice
1 x 100 + 200 Ez Choice (450)

Cool Down:

4x (25 SLOB Kick + 25 Free w/"high hips")