

# Focus: Best Efforts & EZ Recovery

Monday 3/28

## Warm Up:

3 x 100 - 50 Finger tip drag + 50 Build

5 minute Vertical Kick - variable kick & sculling

4 x 75 DPS - 25 Back/25 Breast/25 Free (600+)

**Drill:** 2x (4x50) Free -w/fins

R1: Catch up Drill

R2: Paddle or Fist Swim (400)

## Best Efforts and Ez:

7 x 100 Odd Free/Even Stroke base +15"

1 x 200 EZ Recovery Kick R:60"

5 x 100 Odd Free/Even Stroke base +15"

1 x 200 EZ Recovery Kick R:60"

3 x 100 Odd Free/Even Stroke base +15" (1,900)

## Fast 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")