

Focus: Best Efforts and EZ Recovery

Monday & Tuesday

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:

6/2 x 100 Free Best Effort	R:15	
1 x 400/300 EZ Recovery	R:60	
4/2 x 100 Free Best Effort	R:15	
1 x 400/300 EZ Recovery	R:60	
2/1 x 100 Free Best Effort	R:15	(2,000/1,100)

Cool Down:

200 Choice EZ Swim/Kick/Scull