

Focus: Best Efforts & EZ Recovery

Friday

Warm Up:

(700)

200 Free - 50 Finger tip drag + 50 Build

200 Kick - Choice

4 x 75 DPS - 25 Back/25 Breast/25 Free

Drill: 2x (4 x 50) Free - w/fins

(400)

R1: 50 Catch up Drill/50 DPS Countdown

R2: 50 Paddle or Fist Swim/50 DPS Countdown

Best Efforts and Ez:

(1,600/1200)

7/5 x 100 Odd Free/Even Stroke

base +15"

1 x 200 EZ Recovery Kick

R:30"

5/3 x 100 Odd Free/Even Stroke

base +15"

1 x 200 EZ Recovery Kick

R:30"

Fast Swims: Timed

1 x 50 + 100 Ez Choice

1 x 100 + 200 Ez Choice

(450)

Cool Down:

4x (25 SLOB Kick + 25 Sculling)