

Focus: Best Efforts & EZ Recovery

Wednesday

Warm Up:

200 Free - 50 Finger tip drag + 50 Build

8 x 25 Fast Kick

4 x 75 DPS - 25 Back/25 Breast/25 Free (700)

Drill: Free "Slide-n-Glide" (fins?)

2x (50 6-3-6/50 DPS <20)

2x (50 Paddle or Fist Swim/50 DPS <20) (400)

Best Efforts and Ez:

7/5 x 100 Odd Free/Even NF base +15"

1 x 200 EZ Kick R:30"

5/3 x 100 Odd Free/Even NF base +15"

1 x 200 EZ Kick R:30" (1,600/1200)

Fast Swims: Timed

1 x 50 Fast + 100 Ez Choice

1 x 100 Fast + 200 Ez Choice (450)

Or - 500 Pull: Timed