

## Focus: Best Efforts & EZ Recovery

Friday

### Warm Up:

300/200 Choice

4 x 50 Kick - 25 Fast Free/25 Breast Kick

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

### Drill: 2x (4 x 50) Free

R1: 50 Single Arm/50 DPS

R2: 50 Paddle or Fist Swim/50 DPS (400)

### Best Efforts and Ez:

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

1 x 200 EZ Kick R:30"

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

1 x 200 EZ Kick R:30"

(1,600/1200)

### Fast Swims: Timed

1 x 50 > 100 Ez Choice

1 x 100 > 200 Ez Choice (450)

### Cool Down:

4x (25 SLOB Kick + 25 Sculling)