

Focus: Best Efforts

Monday

Warm Up:

300 (maximize walls & streamlines)	R:10	
4 x 75 Kick (Odd 75%/Even 85%)	R:10	
4 x 50 Pull DPS	R:10	(800)

Re-Group - Dolphin Kick out of walls

Best Efforts and Ez:

6/4 x 100 Free Best Effort	R:15	
2x (2 x 25 SA Pull + 150 Free 80%)	R:15	
4/2 x 100 Free Best Effort	R:15	
2x (2 x 25 SA Pull + 150 Free 80%)	R:15	
2/1 x 100 Free Best Effort	R:15	
		(2,000/1,500)

Cool Down:

200 Choice EZ Swim/Kick/Scull