

## Focus: Best Efforts & EZ Recovery

Friday

### Warm Up:

300 Choice, odd 50's Free "Fingertip drag"

4 x 50 Streamline Kick NB (25 Flutter/25 Dolphin)

4 x 75 Pull - 50 Breast/25 Free (800)

### Drill: 2x (4x25) Fly Drills - (fins?)

R1: Odd 25 "Stoneskipper" Even 25 Ez Fly

R2: Odd 25 "Angel Wings" Even 25 Ez Fly, (200)

Timed: 50 Fly (fins?) (50)

### Best Efforts and Ez:

(1400/1100)

6/4 x 100 Odd Free/Even Stroke base +15"

1 x 100 EZ Recovery Kick R:60"

4/3 x 100 Odd Free/Even Stroke base +15"

1 x 100 EZ Recovery Kick R:60"

2 x 100 Odd Free/Even Stroke base +15"

### Fast Swims: Timed 50 & 100

1 x 50 (fast timed) + 50 Ez Choice

1 x 100 (fast timed) + 100 Ez Choice (300)

### Slow Down & Focus: 200 "Silent Swim"