

# **January Flip Turns!**

## **January 16**

### **Warmup - 600 yds**

- 200 swim
- 200 kick
- 200 pull

### **Drills - Coach Chris Nagy!! - 750 yds**

- 10 x 25 Free Flip turns from center of pool
- 10 x 50 Free Flip turns from end of pool

### **Main Set - Pyramid Set - 2,000 yds**

Focus on turns and push off

4 x 100  
2 x 200  
1 x 400  
2 x 200  
4 x 100

### **Bonus Set - 400 yds**

100 IM  
200 IM  
100 IM

### **Cool Down - 200 yds**