

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