

January Turns!

January 30

Warmup Pyramid - 600 yds

- 200 swim
- 200 kick
- 200 pull

Backstroke Flip - Coach Chris Nagy!! - 350 yds

- 10 x 25 Backstroke turns from center of pool
- 2 x Backstroke Relays (50 yds/swimmer)

Main Set - Back&Free Pyramid Set - 1,400 yds

4 x 50 Back (10 sec. rest)

3 x 100 Free (15 sec. rest)

2x 200 Back (20 sec. rest)

3 x 100 Free (15 sec. rest)

4 x 50 Back (10 sec. rest)

Bonus Set - 400 yds

100 (25 Back-50 Free-25 Back) 20 sec. rest

200 (50 Back-100 Free-50 Back) 20 sec. rest

100 (25 Back-50 Free-25 Back)

Cool Down - 250 yds