

**January Turns!**

**Friday, January 23**

**Warmup Pyramid - 500 yds**

- 50 swim
- 100 kick
- 200 pull
- 100 kick
- 50 swim

**Breast & Fly Turn Drills - 500 yds**

**Coach Paul Blumenthal!! -**

- 10 x 25 Breast turns from center of pool
- 10 x 25 Butterfly turns from center of pool

**Main Set - Aztec Pyramid Set - 1,400 yds**

4 x 50 Fly  
3 x 100 IM  
2x 200 Free  
3 x 100 IM  
4 x 50 Breast

**Bonus Set - 400 yds**

100 Fly  
200 IM  
100 Breast

**Cool Down - 200 yds**