

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