

## **March Mountains**

### **Sangre de Cristo - Friday, Marc**

#### **Picacho Peak - 900 yds straight through**

3 x 50 kick

2 x 100 pull

1 x 200 swim

2 x 100 pull

3 x 50 kick

#### **Atalaya Peak - 1300 yds 10 sec. between**

- 1 x 100
- 1x 150
- 1 x 200
- 1 x 150
- 1 x 200
- 1 x 250
- 1 x 150
- 1 x 100

#### **Thompson Peak - 1300 yds 15 sec. between**

- 1 x 100
- 1 x 150
- 1 x 200
- 1 x 250
- 1 x 300
- 1 x 200 pull cool down
- 1 x 100 kick cool down

