

March Mountains

Foothills, River & Peak - Friday, March 26

Prepare for State

Foothills Warm Up - 700 yards

100 Kick

200 Pull

100 Swim

200 Pull

100 Kick

Main Set - Santa Fe River (State Swimmers)

5 x 50 - All 30 sec. rest - focus on turns

5 x 100

5 x 50

Main Set - Sandia Peak - 1,700 yards

50 Fly

100 Back

150 Breast

200 Free

250 Free

300 Free

300 Non-free

300 Free

200 Back

100 Breast

Foothills Cool Down - 350 yards

50 Kick

100 Pull

50 Swim

100 Pull

50 Kick Main Set