

May 2026 - Santa Fe Skies

3,200 yards - Friday, May 15 - Cirrus Clouds

Warmup - 450 yards

- 3 x 100 choice followed by 50 kick

5 x 100 yd - 500 yards

- 75 DPS - 25 sprint

5 x 200 yds - 1,000 yards

- 150 DPS - 50 sprint

5 x 150 - 750 yards

- 100 DPS - 50 sprint

Cool Down - 500 yards

- 200 free
- 150 back
- 100 breast
- 50 one-arm fly