

May 2026 - Santa Fe Skies

3,500 yards - Friday, May 8 - Cumulonimbus

Warmup - 500 yards

- 300 swim
- 4 x 50 kick (do not break the surface)

3 x 500 yd - 1,500 yards

- DPS start at lowest possible and build slightly (30 seconds rest)

Torrents of Sprints - 1,150 yards

- 5 x 50 (15 seconds rest)
- 3 x 100
- 3 x 50
- 2 x 100

Cool Down- 350 yards

- 150 pull
- 200 swim