

May 2026 - Santa Fe Skies
3,200 yards - Friday, May 29
Lenticular Clouds (Flying Saucers)

Warmup - 300 yards

- 50 breast kick
- 50 breast pull
- 100 breast swim
- 50 breast pull
- 50 breast kick

3 x 900 = 2,700 yards Select interval by lane.

- 50, 3 x 100, 50 free
- 50 fly
- 50, 3 x 100, 50 free
- 50 back

Cool Down - 200 yards

- 2 x 100 breast swim