

July 2026 - Some Like It Hot

The Rio Grande Rift - Volcanic Period in Santa Fe 4,100 yards - Friday, July 17

Warmup - Thunder From Down Under - 300 yards

- 100 swim
- 100 pull
- 100 swim

Black Mesa - 1,000 yards

Pick your interval by lane

- 100 free
- 200 free
- 400 free
- 200 free
- 100 free

Lava Flows- 2,000 yards

20 x 100 even stroke/non-free, odd IM

Pick your interval by lane

Bonus Set

Sprint Lava Flows - 500 yards

10 x 50 alternate every 3rd 50 non-free option

Cool Down - Basalt - 300 yards

- 100 swim, 100 kick, 100 swim