

July 2026 - Some Like It Hot

The Rio Grande Rift - Volcanic Period in Santa Fe 3,450 yards - Friday, July 10

Warmup - Thunder From Down Under - 350 yards

- 150 Swim
- 50 Kick
- 150 Swim

Kasha-Katuwe Tent Rocks - 850 yards

- 250 Free
- 150 Back, Breast, Free by 50's
- 50 Fly
- 150 Free, Breast, Back by 50's
- 250 free

Lava Flows- 2,000 yards

20 x 100 every 5th one Non-Free

On either 1:25/1:30/1:35/1:40/1:45

Cool Down - Basalt - 300 yards

- 300 Swim Choice