

Saturday, January 24, 2026

300 swim – 200 kick – 300 pull

4 x 50

25 single arm free / 25 build
Off arm at side. SLOW DOWN

10" rest

When repeating the series, the 75s are:

1, 3: free

2, 4: choice of stroke (including free)

		Gold	Silver	Bronze	Iron
	Repeat the series:	3x	3x	3x	2x
r e p e a t	Smooth free	250	200	150	150
	As peppy as you want	3 x 75 @ 1:10	3 x 75 @ 1:20	3 x 75 @ 1:30	3 x 75 15" rest
	Easy	25	25	25	25
Total yards		2500	2350	2200	1800

	Gold	Silver	Bronze	Iron
Kick mod/fast by 25	300	250	200	150
Total yards	2800	2600	2400	1950

	Gold	Silver	Bronze	Iron
Odds: Fast (from blocks?) Evens: Ez	8 x 25	8 x 25	8 x 25	6 x 25
<i>Total yards</i>	<i>3000</i>	<i>2800</i>	<i>2600</i>	<i>2100</i>

100 easy

Total yards	3100	2900	2700	2200
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Upcoming in 2026 – See comsa.org

January 31

February 21

March 7-8

Sweetheart Meet

HoF Meet

Pikes Peak Meet

Loveland - Enter by Jan 26!

Broomfield

Co Springs

www.locoswimming.org

March 27-29

COMSA Championships Arvada