

Wednesday, January 21, 2026

300 swim – 200 kick – 300 pull

4 x 50 25 Fist or OK / 25 build

10" rest

	Gold	Silver	Bronze	Iron
Repeat the series <input type="checkbox"/>	3x	3x	3x	2x
DPS	50 @ :45	50 @ :50	50 @ :55	50 @ 1:00
Build	100 @ 1:20	100 @ 1:30	100 @ 1:40	100 @ 2:00
Fast – get your time	50 @ :55	50 @ 1:00	50 @ 1:10	50 @ 1:20
<i>Total yards</i>	<i>1600</i>	<i>1600</i>	<i>1600</i>	<i>1400</i>

	Gold	Silver	Bronze	Iron
Keep within 5 sec of fast 50s above	6 x 50 @ :40	6 x 50 @ :45	5 x 50 @ :50	4 x 50 @ 1:00
<i>Total yards</i>	<i>1900</i>	<i>1900</i>	<i>1850</i>	<i>1600</i>

100 easy

Kick	Gold	Silver	Bronze	Iron
25 mod/25 fast	300	300	250	200
50 Kick – 50 drill – 50 swim	600 (4 x 150)	450 (3 x 150)	450 (3 x 150)	300 (2 x 150)
<i>Total yards</i>	<i>2900</i>	<i>2750</i>	<i>2650</i>	<i>2200</i>

100 easy

<i>Total yards</i>	3000	2850	2750	2300
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Upcoming in 2026 – See comsa.org

January 31

Sweetheart Meet

Loveland - Enter by Jan 26!

February 21

HoF Meet

Broomfield

March 7-8

Pikes Peak Meet

Co Springs

March 27-29

COMSA Championships

Arvada