

# 6/2/23 mp1

Distance: **1,250 meters** Duration: **54:30** Stress: **20** Swims: **3** Course: **SCM** Type: **Dryland** Tags: **mp1**

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Distance	Duration	Set Description	EGY	RP	TYPE	STK	Pace
<b>warm-up 1</b>							
500	18:00	1 x   2 x 100 @ 03:00 Freestyle	AEB		S	FR	01:30
		4 x 75 @ 03:00 RIMO KDS	AEB		S	IM	02:00
<b>50 fly max timed</b>							
50	10:00	1 x   1 x 50 @ 10:00 fly timed max - one at a time	MAX	50 0"	S	FLY	10:00
<b>back crawl tech</b>							
700	26:30	2 x   8 x 25 @ 01:00 back crawl drills	AEB		D	BK	02:00
		3 x 50 @ 01:45 bc swim	AEB		S	BK	01:45