

CUTriC Swimming

Total distance = 2.4km

Session type = speed endurance

Warm up (500m)

100m FC

100m pull

300m mixed stroke

Drills (300m)

100m minimum stroke count

100m fists

100m layout

Fitness set (1400m)

6 X 100m at CSS, 40 seconds recovery

100m (25m hard, 75m easy)

100m (50m hard, 50m easy)

100m (75m hard, 25m easy)

100m hard

100m easy

100m (75m hard, 25m easy)

100m (50m hard, 50m easy)

100m (25m hard, 75m easy)

Cool down (200m)

Own choice