

CUTriC Swimming - Novice session

Total distance = 2.4km
Session type = endurance

Warm up (500m)

100m FC
50m head up FC
100m FC
50m head up FC
200m pull

Drills (300m)

100m layout
100m thigh tap
100m breath every 5/7/9

Fitness set (1400m) - drafting practice

Split into 2 groups of 4. Each group of 4 should swim in a tight group to practice drafting. These sets should be done at a steady pace.

3 X 400m drafting (switch leading swimmer after every 100m) with 20 seconds recovery.

4 X 50m at CSS, 20 seconds recovery.

Cool down (200m)

Own choice