

CUTriC Swimming - Novice session

Total distance = 2.4km

Session type = speed endurance

Warm up (500m)

100m FC

300m alternate Kick/pull every 50m

100m FC

Drills (300m)

100m breath every 3/5/7

100m shark drill

100m zipper

Fitness set (1400m)

2 X 100m at CSS, 40 seconds recovery

2 X 100m at CSS – 2 seconds, 40 seconds recovery

2 X 100m at CSS – 3 seconds, 40 seconds recovery

1 X 100m at CSS – 4 seconds, 40 seconds recovery

1 minute rest

2 X 100m at CSS, 40 seconds recovery

2 X 100m at CSS – 2 seconds, 40 seconds recovery

2 X 100m at CSS – 3 seconds, 40 seconds recovery

1 X 100m at CSS – 4 seconds, 40 seconds recovery

Cool down (200m)

Own choice