

CUTriC Swimming – Novice session

Total distance = 2.2km
Session type = endurance

Warm up (500m)

200m FC
100m pull
200m kick (alternate 50m kick, 50m FC).

Drills (300m)

100m shark drill
100m superman
100m breath every 5/7/9

Fitness set (1200m)

3 x 300m at CSS + 3 seconds, 20 seconds recovery
6 X 50m at CSS, 10 seconds rest

Cool down (200m)

Own choice