

CUTriC Swimming - Novice session

Total distance = 2.4km
Session type = 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)

400m @CSS+5s, 20 seconds recovery
400m @CSS+4s, 20 seconds recovery
300m @CSS+3s, 20 seconds recovery
300m @CSS+2s, 20 Seconds recovery

Cool down (200m)

Own choice