

## CUTriC Swimming – Novice session

Total distance = 1.9km  
Session type = endurance

### Warm up (300m)

100m freestyle  
100m pull  
100m freestyle

### Time trial (optional)

400m

### Drills (300m)

100m twist  
100m zipper  
100m minimum stroke count

### Fitness set (700m)

200m at 70%, 10 second rest  
100m at 80%, 10 second rest between reps  
100m easy  
200m at 70%, 10 second rest  
100m at 80%, 10 second rest between reps

### Cool down (200m)

Own choice