

CUTriC Swimming – Novice session

Total distance = 2.4km

Session type = speed endurance

Warm up (500m)

300m mixed stroke (alternate FC, BC, BS)

100m kick

100m pull

Drills (300m)

100m superman

100m catch up

100m minimum stroke count

Fitness set (1400m)

1 X 200m at CSS, 45 seconds recovery

4 X 100m at CSS, 30 seconds recovery

4 X 100m at CSS, 15 seconds recovery

4 X 50m at CSS, 20 seconds recovery

4 X 50m at CSS, 10 seconds recovery

Cool down (200m)

Own choice