

## **CUTriC Swimming – Novice session**

Total distance = 2.6km

Session type = speed endurance

### **Warm up (500m)**

300m mixed stroke

100m kick

100m pull

### **Drills (300m)**

100m catch up

100m layout

100m minimum stroke count

### **Fitness set (1600m)**

2 X 300m at CSS + 3 seconds, 45 seconds recovery

3 X 200m at CSS, 45 seconds recovery

4 X 100m at CSS – 3 seconds, 45 seconds recovery

### **Cool down (200m)**

Own choice