

CUTriC Swimming – Novice session

Total distance = 2.3km

Session type = speed endurance

Warm up (500m)

200m FC

100m kick (alternate 50m kick, 50m FC)

2 X 100m build (get faster every 25m)

Drills (300m)

100m twist

100m thigh tap

100m minimum stroke count

Fitness set (1600m)

4 X 100m at CSS with 20 seconds recovery

2 X 200m at CSS with 30 seconds recovery

3 X 100m at CSS with 10 seconds recovery

1 X 200m at CSS with 15 seconds recovery

Cool down (200m)

Own choice