

CUTriC Swimming - Novice session

Total distance = 2.3km
Session type = endurance

Warm up (500m)

300m mixed stroke (alternate FC, BC, BS)
200m build (get faster each 50m)

Drills (400m)

100m shark drill
100m fists
200m breath every 5/7/9

Fitness set (1200m)

4x100m @CSS + 5 seconds (15 Second Rest)
4x200m @CSS + 5 seconds (15 second rest)

Cool down (200m)

Own choice