

CUTriC Swimming – Novice session

Total distance = 2.4km
Session type = endurance

Warm up (500m)

200m FC
100m head up FC
200m pull

Drills (300m)

100m catch up
100m shoulder tap
100m breath every 5/7/9

Fitness set (1400m)

3 X 200m at CSS, 20 seconds recovery
2 X 400m at CSS, 30 seconds recovery

Cool down (200m)

Own choice