

CUTriC Swimming - Novice session

Total distance = 2.4km

Session type = speed endurance

Warm up (500m)

100m FC

100m kick

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

Drills (300m)

100m superman

100m twist

100m minimum stroke count

Fitness set (1400m)

2 X 100m at CSS (20 seconds recovery)

1 X 200m at CSS (30 seconds recovery)

2 X 100m at CSS - 3 seconds (30 seconds recovery)

1 X 200m at CSS - 3 seconds (40 seconds recovery)

2 X 100m at CSS - 5 seconds (40 seconds recovery)

1 x 200m at CSS - 5 seconds (50 seconds recovery)

1 X 100m at CSS (30 seconds recovery)

1 X 100m max (1 min recovery)

Cool down (200m)

Own choice