

CUTriC Swimming - Novice session

Total distance = 2.2km
Session type = endurance

Warm up (500m)

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

Drills (300m)

100m fists
100m zipper
100m breath every 5/7/9

Fitness set (1200m)

All reps at CSS + 5 seconds with 10 second recovery between each rep.

100m
200m
300m
300m
200m
100m

Cool down (200m)

Own choice