

CUTriC Swimming - Novice session

Total distance = 2.2km
Session type = endurance

Warm up (500m)

100m FC
100m kick
200m pull
100m kick

Drills (300m)

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

Fitness set (1400m)

Aim to take as little recovery between each rep (about 10 seconds) as possible so you are swimming almost continuously.

50m at CSS
50m at CSS + 5 seconds
100m at CSS
100m at CSS + 5 seconds
200m at CSS
200m at CSS + 5 seconds
1 minute rest
50m at CSS
50m at CSS + 5 seconds
100m at CSS
100m at CSS + 5 seconds
200m at CSS
200m at CSS + 5 seconds

Cool down (200m)

Own choice