

CUTriC Swimming - Novice session

Total distance = 1.9km
Session type = endurance

Warm up (400m)

100m freestyle
200m pull
100m freestyle

Drills (400m)

50m fists (front crawl with closed fists)
150m breath 3/5/7
100m layout
100m fingernail trail

Fitness set (900m)

200m at 70%, 10 second rest
2 X 100m at 80%, 10 second rest
100m easy
200m at 70%, 10 second rest
2 X 100m at 80%, 10 second rest

Cool down (200m)

Own choice