

CUTriC Swimming - Novice session

Total distance = 2.1km

Session type = speed endurance

Warm up (500m)

300m mixed stroke (alternate FC, BC, BS)

100m kick

100m pull

400m time trial

Fitness set (800m)

4 X 100m at CSS with 30 seconds recovery

8 X 50m at CSS with 15 seconds recovery. Effort 4 and 8 should be done at CSS – 2 seconds.

Cool down (200m)

Own choice