

CUTriC Swimming - Novice session

Total distance = 1.9km
Session type = technique

Warm up (300m)

100m freestyle
50m backcrawl
100m pull
50m backcrawl

Drills (700m)

100m shoulder tap (front crawl but tap your shoulder during the recovery)
100m breath every 3/5/7
100m shark drill (swim with a pull buoy and touch the top of the pull buoy at the end of each stroke)
100m breath every 3/5/7
50m Kick
50m Easy freestyle
50m Kick
50m Easy freestyle
100m Minimum stroke count

Fitness set (700m)

3 X 100m negative split (swim first 50m at 70% and final 50m at 80%) 10 sec rest between each rep
100m easy
3 X 100m negative split (swim first 50m at 70% and final 50m at 80%) 10 sec rest between each rep

Warm down (200m)

Own choice