

CUTriC Swimming – Novice session

Total distance = 2.4km

Session type = speed endurance

Warm up (500m)

100m FC

100m minimum stroke count

300m mixed stroke

Drills (300m)

100m layout

100m thigh tap

100m breath every 5/7/9

Fitness set (1400m)

100 at CSS, 30 seconds recovery

200 at CSS, 45 seconds recovery

250 at CSS, 60 seconds recovery

300 at CSS, 75 seconds recovery

250 at CSS, 60 seconds recovery

200 at CSS, 45 seconds recovery

100 at CSS, 30 seconds recovery

Cool down (200m)

Own choice