

CUTriC Swimming - Novice session

Total distance = 2.2km

Session type = speed endurance

Warm up (500m)

100m FC

300m mixed stroke (alternate 50m BC and 50m BS)

100m FC

Drills (300m)

100m catch up

100m layout

100m Breath every 3/5/7

Fitness set (1200m)

4 X 100m at CSS with 20 seconds recovery

2 X 200m at CSS with 30 seconds recovery

2 X 200m at CSS with 15 seconds recovery

Cool down (200m)

Own choice