

CUTriC Swimming – Novice session

Total distance = 2.4km
Session type = endurance

Warm up (500m)

100m FC
100m kick
100m FC
200m pull

Drills (300m)

100m catch up
100m zipper
100m breath every 5/7/9

Fitness set (1400m)

2 X 400m at CSS + 5 seconds (30 seconds recovery)
3 X 200m build (first 50m at CSS + 3, then CSS + 2, CSS + 1, CSS), 20 seconds recovery

Cool down (200m)

Own choice