

CUTriC Swimming – Novice session

Total distance = 2.4km

Session type = speed endurance

Warm up (500m)

200m FC

300m mixed stroke

Drills (300m)

100m shark drill

100m shoulder tap

100m minimum stroke count

Fitness set (1400m)

200m at CSS, 20 seconds recovery

300m at CSS, 30 seconds recovery

400m at CSS, 40 seconds recovery

300m at CSS, 30 seconds recovery

200m at CSS, 20 seconds recovery

Cool down (200m)

Own choice