

## CUTriC Swimming - Novice session

Total distance = 2.2km  
Session type = endurance

### Warm up (500m)

100m FC  
200m kick (alternate 50m kick with 50m FC)  
200m pull

### Drills (300m)

100m Shark drill  
100m breath every 3/5/7  
100m minimum stroke count

### Fitness set (1200m)

300m @CSS+5s, 20 seconds recovery  
300m @CSS+3s, 20 seconds recovery  
300m @CSS+1s, 20 Seconds recovery  
300m @CSS, 20 seconds recovery

### Cool down (200m)

Own choice