

CUTriC Swimming – Novice session

Total distance = 2.5km
Session type = endurance

Warm up (500m)

200m FC
100m kick
100m pull
100m head up FC

Drills (400m)

100m shoulder tap
100m shark drill
200m breath every 3/5/7

Fitness set (1400m)

All efforts to be done at CSS + 5 seconds.
200m, 20 seconds recovery
300m, 30 seconds recovery
400m, 40 seconds recovery
300m, 30 seconds recovery
200m, 20 seconds recovery

Cool down (200m)

Own choice