

CUTriC Swimming – Novice session

Total distance = 2.4km
Session type = endurance

Warm up (500m)

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

Drills (300m)

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

Fitness set (1400m)

3 x 200m a CSS + 3 seconds, 20 seconds recovery
1 min rest
800m at CSS + 3 seconds

Cool down (200m)

Own choice