

CUTriC Swimming – Novice session

Total distance = 2.6km
Session type = endurance

Warm up (400m)

200m FC
100m pull
100m kick

Drills (400m)

200m breath every 3/5/7
100m layout
100m shoulder tap

Fitness set (1600m)

400m at CSS + 3 seconds, 45 seconds recovery
800m at CSS + 5 seconds, 90 seconds recovery
400m at CSS + 3 seconds, 45 seconds recovery

Cool down (200m)

Own choice