

CUTriC Swimming - Novice session

Total distance = 2.2km

Session type = speed endurance

Warm up (500m)

100m FC

100m kick

200m pull

100m kick

Drills (300m)

100m Fingernail trail

100m layout

100m minimum stroke count

Fitness set (1200m)

4 X 100m at CSS with 30 seconds recovery

4 X 100m at CSS with 15 seconds recovery

1 min rest

4 X 50m at CSS with 20 seconds recovery

4 X 50m at CSS with 10 seconds recovery

Cool down (200m)

Own choice