

## CUTriC Swimming – Novice session

Total distance = 2.4km

Session type = speed endurance

### Warm up (500m)

100m FC

100m pull

3 X 100m build

### Drills (300m)

100m minimum stroke count

100m superman

100m thigh tap

### Fitness set (1400m)

4 X 50m at CSS, 20 seconds recovery

2 X 100m at CSS, 40 seconds recovery

200m at CSS, 1 minute recovery

2 X 100m at CSS, 40 seconds recovery

4 X 50m at CSS, 20 seconds recovery

4 X 50m hard effort, 30 seconds recovery

8 X 25m sprint, 20 seconds recovery

### Cool down (200m)

Own choice