

CUTriC Swimming - Novice session

Total distance = 2.5km
Session type = endurance

Warm up (500m)

300m mixed stroke
2 X 100m build

Drills (300m)

100m minimum stroke count
100m thigh tap
100m fingernail trail

Fitness set (1500m)

600m at CSS + 5 seconds, 30 seconds recovery
2 X 200m at CSS + 3 seconds, 30 seconds recovery
5 x 100m at CSS, 30 seconds recovery

Cool down (200m)

Own choice