

CUTriC Swimming – Novice session

Total distance = 2km

Session type = speed endurance

Warm up (500m)

100m FC

200m mixed stroke (alternate BC and BS every 50m)

200m pull

Drills (400m)

150m layout

150m breath every 3/5/7

100m catch up

Fitness set (900m)

6 X 100m at CSS. Last effort is at CSS – 5 seconds. Take 20 seconds rest between each interval.

6 X 50m at CSS. Last effort is at CSS – 5 seconds. Take 15 seconds rest between each interval.

Cool down (200m)

Own choice