

## CUTriC Swimming - Novice session

Total distance = 2.2km  
Session type = endurance

### Warm up (500m)

200m FC  
100m pull  
2 X 100m build (get quicker every 25m)

### Drills (400m)

100m superman  
100m fingernail trail  
100m fists  
100m minimum stroke count

### Fitness set (1100m)

All intervals to be done at CSS +5 seconds. Take 15 seconds rest between each interval.

3 X 100m  
2 X 200m  
1 X 400m

### Cool down (200m)

Own choice