

CUTriC Swimming - Novice session

Total distance = 2.1km

Session type = Speed endurance

Warm up (500m)

300m mixed stroke (50m FC, 50m BC, 50m BS)

2 X 100m build (get faster every 25m)

Drills (400m)

100m Breath every 3/5/7

100m twist

100m catch up

100m Minimum stroke count

Fitness set (1000m)

4 X 100m at CSS with 10 sec recovery between reps

3 X 100m at CSS – 3 seconds with 40 seconds recovery between reps

2 X 100m at CSS – 4 seconds with 40 seconds recovery between reps

100m best effort

Cool down (200m)

Own choice