

## CUTriC Swimming – Novice session

Total distance = 2.4km

Session type = speed endurance

### Warm up (500m)

100m FC

100m pull

100m kick

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

### Drills (300m)

100m Twist

100m fingernail trail

100m minimum stroke count

### Fitness set (1400m)

8 X 100m at CSS with 30 seconds recovery

6 X 50m at CSS – 2 seconds, 20 seconds recovery

### Cool down (200m)

Own choice