

CUTriC Swimming - Novice session

Total distance = 2km
Session type = endurance

Warm up (400m)

50m freestyle
50m Kick
50m freestyle
50m Kick
200m pull

Drills (200m)

100m Zipper
100m Thigh tap

Fitness set (1200m)

2x (300m, 200m, 100m) at CSS + 5 seconds
Rest: 10 seconds between each interval, 1 min between each repeat

Cool down (200m)

Own choice