

CUTriC Swimming - Novice session

Total distance = 2.4km
Session type = endurance

Warm up (500m)

100m FC
100m kick
100m pull
100m head up FC
100m FC

Drills (300m)

100m breath every 3/5/7
100m shark drill
100m crocodile eyes

Fitness set (1400m)

400m drafting practice, split into groups of 3 or 4. Swim 400m steady in a group.
Change the leader every 100m.
2 X 200m at CSS + 3 seconds, 30 seconds recovery
6 x 100m at CSS, 30 seconds recovery

Cool down (200m)

Own choice