

CUTriC Swimming - Senior session

Total distance = 2.6km

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 (1600m)

10 X 100m at CSS with 30 seconds recovery

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

Cool down (200m)

Own choice