

CUTriC Swimming - Senior session

Total distance = 2.3km
Session type = endurance

Warm up (400m)

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

Drills (300m)

100m Shark drill
100m Zipper
100m Thigh tap

Fitness set (1400m)

2x (400m, 200m, 100m) at CSS + 5 seconds
Rest: 10 seconds between each interval, 1 min between each repeat

Cool down (200m)

Own choice