

CUTriC Swimming - Senior session

Total distance = 2.5km

Session type = speed endurance

Warm up (500m)

100m FC

300m mixed stroke (alternate 50m BS and 50m BC)

100m FC

Drills (400m)

100m catch up

150m layout

150m Breath every 3/5/7

Fitness set (1400m)

6 X 100m at CSS with 20 seconds recovery

2 X 200m at CSS with 30 seconds recovery

2 X 200m at CSS with 15 seconds recovery

Cool down (200m)

Own choice