

## CUTriC Swimming - Senior session

Total distance = 2.6km  
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 (1600m)

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

### Cool down (200m)

Own choice