

## CUTriC Swimming - Senior session

Total distance = 2.4km  
Session type = endurance

### Warm up (500m)

100m FC  
200m pull  
200m build (get faster each 50m)

### 200m time trial

### Fitness set (1500m)

All to be at done at CSS - 5 seconds  
500m every 4<sup>th</sup> length fingernail trail  
400m every 4<sup>th</sup> length breath every 3/5/7  
300m every 4<sup>th</sup> length layout  
200m every 4<sup>th</sup> length catch up  
100m one fewer stroke each length

### Cool down (200m)

Own choice