

## CUTriC Swimming - Senior session

Total distance = 2.5km

Session type = speed endurance

### Warm up (500m)

200m FC

300m mixed stroke (alternate FC, BC, BS)

### Drills (300m)

100m fingernail trail

100m layout

100m minimum stroke count

### Fitness set (1500m)

5 X 100m at CSS, 15 seconds recovery

5 X 100m (first 50m at CSS, second 50m at CSS - 3 seconds), 20 seconds recovery

5 X 100m at CSS - 3 seconds, 30 seconds recovery

### Cool down (200m)

Own choice