

## CUTriC Swimming - Senior session

Total distance = 2.6km  
Session type = endurance

### Warm up (500m)

100m FC  
50m head up FC  
100m FC  
50m head up FC  
200m pull

### Drills (300m)

100m layout  
100m thigh tap  
100m breath every 5/7/9

### Fitness set (1600m) - drafting practice

Split into 2 groups of 4. Each group of 4 should swim in a tight group to practice drafting. These sets should be done at a steady pace.

3 X 400m drafting (switch leading swimmer after every 100m) with 20 seconds recovery.

8 X 50m at CSS, 20 seconds recovery.

### Cool down (200m)

Own choice