

CUTriC Swimming - Senior session

Total distance = 2.6km

Session type = speed endurance

Warm up (500m)

100m FC

300m alternate Kick/pull every 50m

100m FC

Drills (300m)

100m breath every 3/5/7

100m shark drill

100m zipper

Fitness set (1600m)

2 X 100m at CSS, 40 seconds recovery

2 X 100m at CSS - 2 seconds, 40 seconds recovery

2 X 100m at CSS - 3 seconds, 40 seconds recovery

2 X 100m at CSS - 4 seconds, 40 seconds recovery

1 minute rest

2 X 100m at CSS, 40 seconds recovery

2 X 100m at CSS - 2 seconds, 40 seconds recovery

2 X 100m at CSS - 3 seconds, 40 seconds recovery

2 X 100m at CSS - 4 seconds, 40 seconds recovery

Cool down (200m)

Own choice