

CUTriC Swimming - Senior session

Total distance = 2.6km
Session type = endurance

Warm up (500m)

100m FC
200m kick (alternate 50m kick with 50m FC)
200m pull

Drills (300m)

100m Shark drill
100m breath every 3/5/7
100m minimum stroke count

Fitness set (1600m)

400m @CSS+5s, 20 seconds recovery
400m @CSS+3s, 20 seconds recovery
400m @CSS+1s, 20 Seconds recovery
400m @CSS, 20 seconds recovery

Cool down (200m)

Own choice