

CUTriC Swimming - Senior session

Total distance = 2.7km
Session type = endurance

Warm up (500m)

200m FC
100m kick
100m pull
100m head up FC

Drills (400m)

100m shoulder tap
100m shark drill
200m breath every 3/5/7

Fitness set (1600m)

All efforts to be done at CSS + 5 seconds.

100m, 10 seconds recovery
200m, 20 seconds recovery
300m, 30 seconds recovery
400m, 40 seconds recovery
300m, 30 seconds recovery
200m, 20 seconds recovery
100m, 10 seconds recovery

Cool down (200m)

Own choice