

## CUTriC Swimming - Senior session

Total distance = 2.6km  
Session type = endurance

### Warm up (500m)

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

### Drills (300m)

100m reverse catch up  
100m layout  
100m breath every 5/7/9

### Fitness set (1600m)

4 x 200m a CSS + 3 seconds, 20 seconds recovery  
1 min rest  
800m at CSS + 3 seconds

### Cool down (200m)

Own choice