

## CUTriC Swimming - Senior session

Total distance = 2.6km

Session type = speed endurance

### Warm up (500m)

300m mixed stroke (alternate FC, BC, BS)

100m kick

100m pull

### Drills (300m)

100m superman

100m catch up

100m minimum stroke count

### Fitness set (1600m)

2 X 200m at CSS, 45 seconds recovery

4 X 100m at CSS, 30 seconds recovery

4 X 100m at CSS, 15 seconds recovery

4 X 50m at CSS, 20 seconds recovery

4 X 50m at CSS, 10 seconds recovery

### Cool down (200m)

Own choice