

CUTriC Swimming - Senior session

Total distance = 2.1km
Session type = endurance

Warm up (400m)

50m freestyle
50m backstroke
50m freestyle
50m backstroke
200m Pull

Drills (500m)

100m Breath every 3/5/7 strokes
100m Zipper (front crawl but during arm recovery run your fingers up the side of your body from the top of your thigh to your rib cage)
100m Superman (front crawl but hold the outstretched position each stroke whilst you take 6 kicks)
100m Thigh tap (front crawl but touch the top of your thigh at the end of each stroke)
100m minimum stroke count

Fitness set (1000m)

Try to do each rep at the same pace (80%/moderate pace) and take 15 seconds rest between each rep
50m
100m
200m
300m
200m
100m
50m

Cool down (200m)

Easy swimming own choice