

## CUTriC Swimming - Senior session

Total distance = 2.8km

Session type = speed endurance

### Warm up (500m)

300m mixed stroke

100m kick

100m pull

### Drills (300m)

100m catch up

100m layout

100m minimum stroke count

### Fitness set (1800m)

2 X 300m at CSS + 3 seconds, 45 seconds recovery

3 X 200m at CSS, 45 seconds recovery

6 X 100m at CSS - 3 seconds, 45 seconds recovery

### Cool down (200m)

Own choice