

## CUTriC Swimming - Senior session

Total distance = 2.5km

Session type = speed endurance

### Warm up (500m)

100m FC

100m kick

200m pull

100m kick

### Drills (300m)

100m Fingernail trail

100m layout

100m minimum stroke count

### Fitness set (1500m)

5 X 100m at CSS with 30 seconds recovery

5 X 100m at CSS with 15 seconds recovery

1 min rest

5 X 50m at CSS with 20 seconds recovery

5 X 50m at CSS with 10 seconds recovery

### Cool down (200m)

Own choice