

CUTriC Swimming - Senior session

Total distance = 2.8km
Session type = endurance

Warm up (500m)

200m FC
100m kick
200m pull

Drills (300m)

100m shark drill
100m zipper
100m breath every 5/7/9

Fitness set (1800m)

1000m at CSS + 5 seconds
2 minutes rest
8 X 100m at CSS, 30 seconds recovery

Cool down (200m)

Own choice