

CUTriC Swimming - Senior session

Total distance = 2km

Session type = technique

Warm up (300m)

100m freestyle

100m backstroke

100m freestyle

Drills (700m)

100m Fingernail trail (front crawl but drag finger tips along surface of water, stretch long before catching)

100m Twist (front crawl but touch far side of your lower back mid stroke)

100m Layout (front crawl with exaggerated hip roll but every third stroke lie out on your side and take 6 kicks)

50m Kick with float (concentrate on kicking from the hips and keeping ankles relaxed)

50m easy freestyle

50m Kick

50m easy freestyle

50m Kick

50m easy freestyle

100m minimum stroke count

Fitness set (800m)

2 X 200m (70% effort/steady pace), 10 second rest between sets

4 X 100m (80% effort/medium pace), 15 second rest between sets

Cool down (200m)

Easy swimming own choice