

CUTriC Swimming - Senior session

Total distance = 2.7km
Session type = endurance

Warm up (500m)

300m mixed stroke
100m pull
100m kick

Fitness set (2000m)

All efforts to be done at CSS + 5 seconds. 20 seconds recovery between each rep.

600m every 4th length breath every 5/7/9,

500m every 4th length fingernail trail

400m every 4th length layout

300m every 4th length fists

200m every 4th length catch up

Cool down (200m)

Own choice