

CUTriC Swimming - Senior session

Total distance = 2.6km
Session type = endurance

Warm up (500m)

300m mixed stroke (alternate FC, BC, BS)
200m build (get faster each 50m)

Drills (400m)

100m catch up
100m thigh tap
100m breath every 5/7/9

Fitness set (1600m)

4 X 200m at CSS + 5 seconds (15 second rest)
2 X 400m at CSS + 5 seconds (15 second rest)

Cool down (200m)

Own choice