

CUTriC Swimming - Senior session

Total distance = 2.6km
Session type = endurance

Warm up (500m)

200m FC
100m kick
200m pull

Drills (300m)

100m breath every 3/5/7
100m crocodile eyes
100m fingernail trail

Fitness set (1600m)

400m at CSS + 5 seconds, 30 seconds recovery
2 X 200m at CSS + 3 seconds, 30 seconds recovery
6 X 100 at CSS, 30 seconds recovery
4 X 50m at CSS - 3 seconds, 30 seconds recovery

Cool down (200m)

Own choice