

CUTriC Swimming - Senior session

Total distance = 2.6km

Session type = speed endurance

Warm up (500m)

300m mixed stroke

200m pull

Drills (300m)

100m fists

100m superman

100m minimum stroke count

Fitness set (1600m)

400m at CSS, 1 minute recovery

2 X 200m at CSS, 45 seconds recovery

4 X 100m at CSS, 30 seconds recovery

4 X 100m at CSS - 2 seconds, 30 seconds recovery

Cool down (200m)

Own choice