

## CUTriC Swimming - Senior session

Total distance = 2.3km  
Session type = endurance

### Warm up (400m)

100m freestyle  
200m pull  
100m freestyle

### Drills (500m)

100m fists  
150m breath 3/5/7  
150m layout  
100m fingernail trail

### Fitness set (1200m)

200m at 70%, 10 second rest  
2 X 100m at 80%, 10 second rest between reps  
100m easy  
200m at 70%, 10 second rest  
2 X 100m at 80%, 10 second rest between reps  
100m easy  
200m at 80%

### Cool down (200m)

Own choice