

## CUTriC Swimming - Senior session

Total distance = 2.6km  
Session type = endurance

### Warm up (500m)

100m FC  
100m pull  
3 X 100m build (get faster every 25m)

### Drills (300m)

100m fists  
100m zipper  
100m breath every 5/7/9

### Fitness set (1600m)

All reps at CSS + 5 seconds with 10 second recovery between each rep.

100m  
200m  
300m  
400m  
300m  
200m  
100m

### Cool down (200m)

Own choice