

CUTriC Swimming - Senior session

Total distance = 2.3km
Session type = technique

Warm up (400m)

100m freestyle
50m backcrawl
100m pull
50m backcrawl
100m freestyle

Drills (800m)

100m shoulder tap (front crawl but tap your shoulder during the recovery)
100m breath every 3/5/7
100m catch up (old your leading arm out in front of you until your other arm catches up to the leading arm)
100m breath every 3/5/7
100m shark drill (swim with a pull buoy and touch the top of the pull buoy at the end of each stroke)
50m Kick
50m Easy freestyle
50m Kick
50m Easy freestyle
100m Minimum stroke count

Fitness set (900m)

4 X 100m negative split (swim first 50m at 70% and final 50m at 80%) 10 sec rest between each rep
100m easy
4 X 100m negative split (swim first 50m at 70% and final 50m at 80%) 10 sec rest between each rep

Warm down (200m)

Own choice