

Session

1

SwimBritain Accelerator Programme

20 steps to swimming success


Designed to prepare you and your team to each swim 1,000m comfortably, this programme is based around training in a 25m pool.


We've 20 sessions and plenty of handy tips – so, whether training together or alone, you'll all be ready to give SwimBritain your very best.



Swimming in a 50m pool?

You'll need to amend your session anywhere you see the following:

 means halve the number of lengths

 means don't include these lengths in your swim

What you'll need for this session:

Roughly 20 – 30 minutes (depending on stroke)

Goggles
(optional)

Float

Drinks bottle

Swimming hat
(optional)

Energy bar
(optional)

Your three stage session

1 Warm up

Readies your body for physical activity and gradually increases your heart rate.

2 Main set

Forms the core of your session by pushing you further, for longer.

3 Cool down

Allows your heart rate to return to its resting rate.

Session 1

SwimBritain
Accelerator Programme

1 Warm up

Swim with a 20-second rest between each length:

1 length front crawl or breaststroke

1 length front crawl kick


 1 length front crawl or breaststroke

 1 length front crawl kick

SwimTip

For front crawl kick, grab your float, hold it in front of you and kick away.

2 Main set

 Swim 8 lengths front crawl or breaststroke with a 15-second rest in between each length

SwimTip

Push yourself!
Try to go faster with each length.


3 Cool down

Swim with a 20-second rest between each length:

1 length front crawl or breaststroke

1 length front crawl kick

 1 length front crawl or breaststroke

 1 length front crawl kick

SwimTip

Stretch your legs and keep your ankles loose and flexible.

Total distance for session

25m pool – 16 lengths

50m pool – 8 lengths

= 400m

Did you know?

30 minutes of breaststroke can burn up to 367kcal vs. 30 minutes walking at 2mph which burns off up to 75kcal.

Don't forget

Log your training and chart your progress at swimbritain.co.uk