

Session 11

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

What you'll need for this session:

Roughly 25 – 35 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.

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1 Warm up

Swim with a 15-second rest between each set:

- 🌊 4 lengths front crawl or breaststroke
- 🌊 2 lengths kick front crawl or breaststroke
- 🌊 4 lengths front crawl or breaststroke
- 🌊 2 lengths kick front crawl or breaststroke

SwimTip

Count your strokes for each length then try and cut them by two on the 4th length.

2 Main set

Swim with a 20-second rest between each four-length set:

- 🌊 4 lengths front crawl or breaststroke – 2nd and 4th lengths fast
- 🌊 4 lengths front crawl or breaststroke – 1st and 3rd lengths fast

Repeat all of the above twice, in the same order

SwimTip

For front crawl, enter the water in line with your shoulder. With breaststroke, regulate your stroke: Pull. Breathe. Kick. And glide.

3 Cool down

Swim with a 20-second rest between each three-length set:

- 🌊 2 x 3 lengths front crawl or breaststroke

SwimTip

Start every length with a push off the wall and an underwater glide for 5 seconds.

Total distance for session

25m pool – 42 lengths
50m pool – 21 lengths

= 1,050m

Did you know?

25 minutes of breaststroke can burn up to 306kcal vs. 25 minutes of cycling at 10-12mph which burns off up to 150kcal.

Don't forget

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