

Session 12

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 25 – 35 minutes (depending on stroke)

Goggles
(optional)

Swimming hat
(optional)

Drinks bottle

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 specified rest between each set:

🌊 4 lengths front crawl or breaststroke – 15 seconds rest

2 x 1 length front crawl or breaststroke – 10 seconds rest after each length

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SwimTip

For front crawl, enter the water in line with your shoulder. Relax your arms as they recover underwater.

2 Main set

500m Challenge Time

Watch the clock!

🌊 20 lengths front crawl or breaststroke continuous swim – rest until your breathing returns to normal

When you're finished, take a look at our 'Did you know?' to see how you measure up

SwimTip

With breaststroke, regulate your stroke: Pull. Breathe. Kick. And glide. Hold the glide for 2 seconds.

3 Cool down

Swim with a specified rest between each set:

🌊 3 x 2 lengths front crawl or breaststroke – 20 seconds rest after each two-length set

🌊 4 x 1 length front crawl or breaststroke – rest 15 seconds after each length

Total distance for session

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

= 1,050m

Did you know?

Rebecca Adlington's 800m freestyle world record is 8:14:10 minutes, she swam the first 500m in 5:07:62.

Don't forget

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

How fast can you swim 500m?