

Session 13

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 30 – 40 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 15-second rest between each two-length set:

🌊 2 lengths front crawl or breaststroke – steady pace

🌊 2 lengths front crawl or breaststroke – fast pace

Repeat all of above

SwimTip

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

2 Main set

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

🌊 7 x 4 lengths front crawl or breaststroke

SwimTip

Count the number of strokes you do for each length, then try to stick to that number.

3 Cool down

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

🌊 4 x 2 lengths front crawl or breaststroke

SwimTip

Breaststroke – kick, arms forward and stretch. Front crawl – try bilateral breathing with a breath every third stroke.

Total distance for session

25m pool – 44 lengths
50m pool – 22 lengths

= 1,100m

Did you know?

30 minutes of front crawl can burn up to 257kcal vs. 30 minutes walking at 3mph which burns off up to 99kcal.

Don't forget

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