

# Session 14

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)

Float

Pull buoy

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 two-length set:

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

### SwimTip

For kick lengths, grab a float, hold it in front of you and kick away.

## 2 Main set

Swim front crawl or breaststroke with a specified rest between each set:

- 🌊 2 lengths – sprint every other length – 10s rest
- 🌊 2 x 4 lengths – sprint every other length – 15s rest
- 🌊 8 lengths – sprint every other length – 20s rest
- 🌊 2 x 4 lengths – sprint every other length – 15s rest
- 🌊 2 lengths – sprint every other length – 10s rest

## 3 Cool down

Swim with a specified rest between each set:

- 🌊 2 x 4 lengths front crawl or breaststroke – rest 20 seconds after each four-length set
- 🌊 1 x 2 lengths front crawl or breaststroke – rest 15 seconds after each two-length set

### SwimTip

Breaststroke – treat this as an easy, gentle swim. Feel the water as you pull back.

### Total distance for session

25m pool – 46 lengths  
50m pool – 23 lengths

**= 1,150m**

### Did you know?

40 minutes of breaststroke can burn up to 489kcal vs. 40 minutes walking at 2mph which burns off up to 100kcal.

### Don't forget

Log your training and chart your progress at [swimbritain.co.uk](http://swimbritain.co.uk)