

# Session 15

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 35 – 45 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 20-second rest after:

🌊 10 lengths front crawl or breaststroke

### SwimTip

Count the number of arm strokes you do for each length and try to stick to it.

## 2 Main set

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

🌊 5 x 6 lengths front crawl or breaststroke

### SwimTip

Start each length with a stretched push and glide.

## 3 Cool down

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

🌊 2 x 4 lengths front crawl or breaststroke

### Total distance for session

25m pool – 48 lengths  
50m pool – 24 lengths

**= 1,200m**

### Did you know?

35 minutes of front crawl can burn up to 300kcal vs. 35 minutes cycling at 10-12mph which burns off up to 210kcal.

### Don't forget

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