

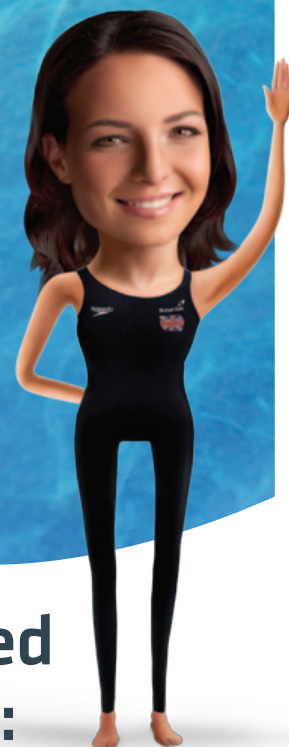
Session 16

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 35 – 45 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 10-second rest between each set:

🌊 4 lengths front crawl or breaststroke

1 length front crawl or breaststroke kick

🌊 4 lengths front crawl or breaststroke

🌊 1 length front crawl or breaststroke kick

SwimTip

When kicking without a float, keep your arms straight out front.

2 Main set

750m Challenge Time

Watch the clock!

🌊 30 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

Breaststroke – bring your hands together, tuck your elbows into your body before stretching forward.

3 Cool down

Swim with a 20-second rest between each length:

🌊 8 lengths front crawl or breaststroke

SwimTip

Front crawl – skim the surface of the water with your fingertips to develop a high elbow on recovery.

Total distance for session

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

= 1,200m

Did you know?

Keri-Anne Payne is a two-time World 10km Open Water champion and Olympic silver medallist.

10km in a 25m pool is 400 lengths!

How long did 30 lengths take you?

Don't forget

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