

Session 17

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 at the end of this set:

🌊 10 lengths front crawl or breaststroke

SwimTip

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

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?

Water pressure means you can work out in the pool just as hard as on land – only your heart rate is up to 20 beats per minute less.

Don't forget

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