

# Session 18

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)

**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 20-second rest at the end of this set:

🌊 6 lengths front crawl or breaststroke

### SwimTip

Push, glide underwater and kick for 5 seconds.

## 2 Main set

Swim with a specified rest between each set:

🌊 2 lengths front crawl or breaststroke – rest 10 seconds

🌊 4 lengths front crawl or breaststroke – rest 10 seconds

🌊 8 lengths front crawl or breaststroke – rest 15 seconds

🌊 16 lengths front crawl or breaststroke – rest 20 seconds

Repeat first three sets in reverse order

### SwimTip

With breaststroke, regulate your stroke: Pull. Breathe. Kick. And glide.

## 3 Cool down

Swim with a 20-second rest after this four-length set:

🌊 4 lengths front crawl or breaststroke

### SwimTip

Front crawl – Try bilateral breathing with a breath on every third stroke.

### Total distance for session

25m pool – 54 lengths  
50m pool – 27 lengths

**= 1,350m**

### Did you know?

45 minutes of breaststroke can burn up to 551kcal vs. 45 minutes running at 6mph which burns off up to 450kcal.

### Don't forget

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