

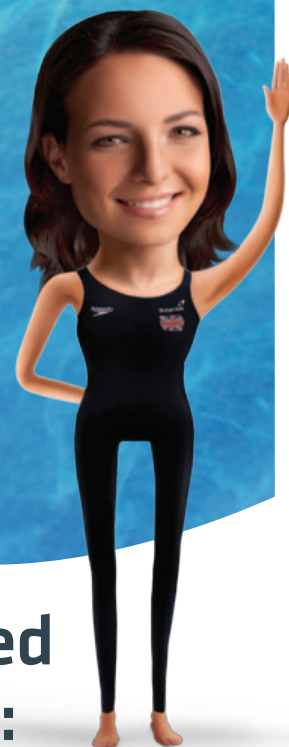
Session 19

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 front crawl or breaststroke with a 15-second rest between each two-length set:

- 🌊 2 lengths – easy pace
- 🌊 2 lengths – moderate pace
- 🌊 2 lengths – fast pace
- 🌊 2 lengths – easy pace

SwimTip

Gradually build up the pace with the first two sets, making sure the third is your fastest.

2 Main set

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

- 🌊 5 x 8 lengths front crawl or breaststroke

SwimTip

Push yourself! Swim all eight lengths as one – only faster than you ever have before.

3 Cool down

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

- 🌊 4 x 2 lengths front crawl or breaststroke

Total distance for session

25m pool – 56 lengths
50m pool – 28 lengths

= 1,400m

Did you know?

35 minutes of front crawl can burn up to 300kcal vs. 45 minutes walking at 3mph which burns off up to 116kcal.

Don't forget

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