

Session 20

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 15-second rest between each four-length set:

🌊 2 x 4 lengths front crawl or breaststroke

2 Main set

1000m Challenge Time

Watch the clock!

🌊 40 lengths front crawl or breaststroke continuous swim – rest until your breathing returns to normal

3 Cool down

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

🌊 2 x 4 lengths front crawl or breaststroke

SwimTip

Don't rush it! Tackle this distance at a moderate, steady pace – you'll get there.

SwimTip

Try tackling the first four lengths at a more moderate pace before taking the last four at an easy pace.

Congratulations.

You've completed the SwimBritain Accelerator Programme!

You should now be fully trained to go further, faster and, hopefully, be first over the finish line on the big day.

Good luck to you and your team!

Total distance for session

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

= 1,400m

Don't forget

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