

Session

3

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 20 – 30 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.

Session 3

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1 Warm up


Swim with a 20-second rest in between each set:

1 length front crawl or breaststroke

1 length kicking

 1 length front crawl or breaststroke

 1 length kicking


 2 lengths front crawl or breaststroke

SwimTip

When kicking for a length, use a float, hold it in front of you and kick away.

2 Main set

Swim with a 15-second rest between each two-length set:

 5 x 2 lengths front crawl or breaststroke

SwimTip

For front crawl, enter the water in line with your shoulder.

3 Cool down

Swim with a 15-second rest between each length:

 6 lengths front crawl or breaststroke

SwimTip

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

Total distance for session

25m pool – 22 lengths

50m pool – 11 lengths

= **550m**

Did you know?

30 minutes of breaststroke can burn up to 367kcal vs. 30 minutes cycling at 10-12mph which burns off up to 180kcal.

Don't forget

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