

Session 4

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)

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 15-second rest between each set:

1 length front crawl or breaststroke

2 lengths front crawl or breaststroke

 1 length front crawl or breaststroke

 2 lengths front crawl or breaststroke

SwimTip

For front crawl, enter the water in line with your shoulder. With breaststroke, regulate your stroke: Pull. Breathe. Kick. And glide.

2 Main set

250m Challenge Time

Watch the clock!

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

When you're finished, take a look at our 'Did you know?' to see how you measure up

SwimTip

Push yourself!
Try to go faster with each length.

3 Cool down

Swim with a 30-second rest between each length:

 6 lengths front crawl or breaststroke

SwimTip

Stay streamlined – with each push off the wall, stretch your body, keep your arms outstretched above your head and point your feet and toes.

Total distance for session

25m pool – 22 lengths

50m pool – 11 lengths

= 550m

Did you know?

Michael Jamieson won his 200m Breaststroke silver medal at London 2012 in just 2:07:43.

How fast can you swim 250m?

Don't forget

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