

Session

5

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 20 – 30 minutes (depending on stroke)

Goggles (optional)

Float

Pull buoy

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 two-length set:

- 🌊 2 lengths front crawl or breaststroke
- 🌊 2 lengths front crawl or breaststroke kick
- 🌊 2 lengths front crawl or breaststroke pull
- 🌊 2 lengths front crawl or breaststroke

SwimTip

For pull lengths, hold a pull buoy between your legs and only use your arms.

2 Main set

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

- 🌊 2 lengths – first length fast, second length steady
- 🌊 2 lengths – first length steady, second length fast
- 🌊 2 lengths at a fast pace
- 🌊 2 lengths – first length steady, second length fast
- 🌊 2 lengths – first length fast, second length steady
- 🌊 2 lengths at a fast pace

3 Cool down

Swim with a 20-second rest between each length:

- 🌊 4 lengths front crawl or breaststroke

SwimTip

For front crawl or breaststroke kick, grab a float, hold it in front of you and kick away!

Total distance for session

25m pool – 24 lengths
50m pool – 12 lengths

= 600m

Did you know?

30 minutes of front crawl can burn up to 257kcal vs. 30 minutes cycling at 12-14mph which burns off up to 240kcal.

Don't forget

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