

Session

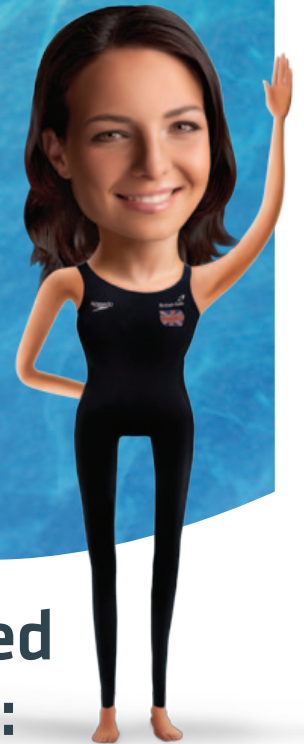
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SwimBritain
Accelerator Programme

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)

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.

Session 7

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1 Warm up

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

🌊 2 x 3 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

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

🌊 4 x 4 lengths front crawl or breaststroke – fast pace

SwimTip

With breaststroke, your arms should extend and your face enter the water, allowing you to breathe out. As your arms pull round, your face should come out of the water allowing you to breathe in.

3 Cool down

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

🌊 2 x 3 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 – 28 lengths
50m pool – 14 lengths

= 700m

Did you know?

30 minutes of breaststroke can burn up to 367kcal vs. 30 minutes running at 6mph which burns off up to 300kcal.

Don't forget

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