

# Session

# 8

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.

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## 1 Warm up

Swim with a 15-second rest between each 3 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

400m Challenge Time

Watch the clock!

🌊 16 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

Use long relaxed strokes, keeping your count the same for each one.

## 3 Cool down

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

🌊 3 x 2 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?

Multi-Olympic champion, Ellie Simmonds, is the current 400m freestyle World and Olympic record holder with a time of 5:19:17.

How fast can you swim 400m?

### Don't forget

Log your training and chart your progress at [swimbritain.co.uk](http://swimbritain.co.uk)