

Session 9

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 four-length set:

🌊 2 x 4 lengths front crawl or breaststroke

SwimTip

When using a pull buoy, hold it between your legs and only use your arms. Feel the water as you pull your arms back.

2 Main set

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

🌊 4 lengths front crawl or breaststroke

🌊 4 lengths pull front crawl or breaststroke

🌊 4 lengths front crawl or breaststroke

🌊 4 lengths kick front crawl or breaststroke

🌊 4 lengths front crawl or breaststroke

SwimTip

For kick lengths, grab a float, hold it in front of you and kick continuously. Keep legs long and relaxed for front crawl and speed up on the push back for breaststroke.

3 Cool down

Swim with a 10-second rest between each two-length set:

🌊 2 x 2 lengths front crawl or breaststroke

SwimTip

Start every length with a push off the wall and an underwater glide for 5 seconds.

Total distance for session

25m pool – 32 lengths
50m pool – 16 lengths

= 800m

Did you know?

Water is about 800 times denser than air – so you can work harder and burn more calories in a pool.

Don't forget

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