

# Session 15

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 35 – 45 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 15

SwimBritain  
Accelerator Programme

## 1 Warm up

Swim with a 20-second rest after:

🌊 10 lengths front crawl or breaststroke

### SwimTip

Count the number of arm strokes you do for each length and try to stick to it.

## 2 Main set

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

🌊 5 x 6 lengths front crawl or breaststroke

### SwimTip

Start each length with a stretched push and glide.

## 3 Cool down

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

🌊 2 x 4 lengths front crawl or breaststroke

### Total distance for session

25m pool – 48 lengths  
50m pool – 24 lengths

**= 1,200m**

### Did you know?

35 minutes of front crawl can burn up to 300kcal vs. 35 minutes cycling at 10-12mph which burns off up to 210kcal.

### Don't forget

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

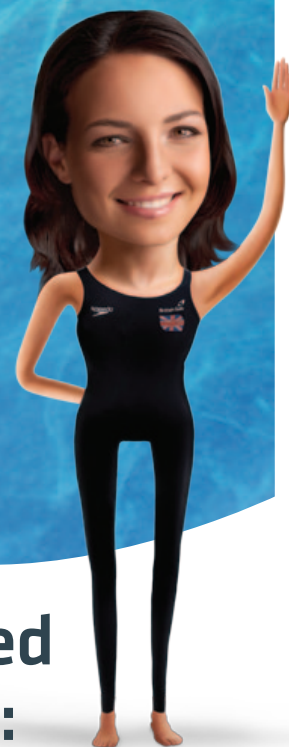
# Session 16

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## 20 steps to swimming success

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## 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 35 – 45 minutes** (depending on stroke)

**Goggles**  
(optional)

**Float**

**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.



# Session 16

SwimBritain  
Accelerator Programme

## 1 Warm up

Swim with a 10-second rest between each set:

🌊 4 lengths front crawl or breaststroke

1 length front crawl or breaststroke kick

🌊 4 lengths front crawl or breaststroke

🌊 1 length front crawl or breaststroke kick

### SwimTip

When kicking without a float, keep your arms straight out front.

## 2 Main set

750m Challenge Time

Watch the clock!

🌊 30 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

Breaststroke – bring your hands together, tuck your elbows into your body before stretching forward.

## 3 Cool down

Swim with a 20-second rest between each length:

🌊 8 lengths front crawl or breaststroke

### SwimTip

Front crawl – skim the surface of the water with your fingertips to develop a high elbow on recovery.

### Total distance for session

25m pool – 48 lengths  
50m pool – 24 lengths

= 1,200m

### Did you know?

Keri-Anne Payne is a two-time World 10km Open Water champion and Olympic silver medallist.

10km in a 25m pool is 400 lengths!

How long did 30 lengths take you?

### Don't forget

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# Session 17

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## 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 35 – 45 minutes** (depending on stroke)

**Goggles**  
(optional)

**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.

# Session 17

SwimBritain  
Accelerator Programme

## 1 Warm up

Swim with a 20-second rest at the end of this set:

🌊 10 lengths front crawl or breaststroke

### SwimTip

Count the number of strokes you do for each length, then try to stick to that number.

## 2 Main set

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

🌊 5 x 6 lengths front crawl or breaststroke

### SwimTip

Start each length with a stretched push and glide.

## 3 Cool down

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

🌊 2 x 4 lengths front crawl or breaststroke

### Total distance for session

25m pool – 48 lengths  
50m pool – 24 lengths

**= 1,200m**

### Did you know?

Water pressure means you can work out in the pool just as hard as on land – only your heart rate is up to 20 beats per minute less.

### Don't forget

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# Session 18

SwimBritain  
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## 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 35 – 45 minutes** (depending on stroke)

**Goggles**  
(optional)

**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.

# Session 18

SwimBritain  
Accelerator Programme

## 1 Warm up

Swim with a 20-second rest at the end of this set:

🏊 6 lengths front crawl or breaststroke

### SwimTip

Push, glide underwater and kick for 5 seconds.

## 2 Main set

Swim with a specified rest between each set:

🏊 2 lengths front crawl or breaststroke – rest 10 seconds

🏊 4 lengths front crawl or breaststroke – rest 10 seconds

🏊 8 lengths front crawl or breaststroke – rest 15 seconds

🏊 16 lengths front crawl or breaststroke – rest 20 seconds

Repeat first three sets in reverse order

### SwimTip

With breaststroke, regulate your stroke: Pull. Breathe. Kick. And glide.

## 3 Cool down

Swim with a 20-second rest after this four-length set:

🏊 4 lengths front crawl or breaststroke

### SwimTip

Front crawl – Try bilateral breathing with a breath on every third stroke.

### Total distance for session

25m pool – 54 lengths  
50m pool – 27 lengths

**= 1,350m**

### Did you know?

45 minutes of breaststroke can burn up to 551kcal vs. 45 minutes running at 6mph which burns off up to 450kcal.

### Don't forget

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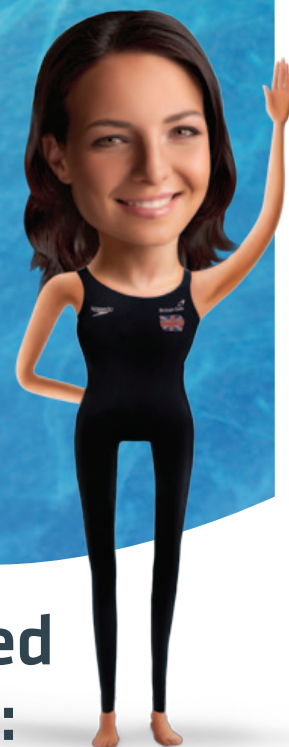
# Session 19

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## 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 35 – 45 minutes** (depending on stroke)

**Goggles**  
(optional)

**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.

# Session 19

SwimBritain  
Accelerator Programme

## 1 Warm up

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

- 🌊 2 lengths – easy pace
- 🌊 2 lengths – moderate pace
- 🌊 2 lengths – fast pace
- 🌊 2 lengths – easy pace

### SwimTip

Gradually build up the pace with the first two sets, making sure the third is your fastest.

## 2 Main set

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

- 🌊 5 x 8 lengths front crawl or breaststroke

### SwimTip

Push yourself! Swim all eight lengths as one – only faster than you ever have before.

## 3 Cool down

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

- 🌊 4 x 2 lengths front crawl or breaststroke

### Total distance for session

25m pool – 56 lengths  
50m pool – 28 lengths

**= 1,400m**

### Did you know?

35 minutes of front crawl can burn up to 300kcal vs. 45 minutes walking at 3mph which burns off up to 116kcal.

### Don't forget

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# Session 20

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## 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 35 – 45 minutes** (depending on stroke)

**Goggles**  
(optional)

**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.



# Session 20

SwimBritain  
Accelerator Programme

## 1 Warm up

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

🌊 2 x 4 lengths front crawl or breaststroke

## 2 Main set

1000m Challenge Time

Watch the clock!

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

## 3 Cool down

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

🌊 2 x 4 lengths front crawl or breaststroke

## SwimTip

Don't rush it! Tackle this distance at a moderate, steady pace – you'll get there.

## SwimTip

Try tackling the first four lengths at a more moderate pace before taking the last four at an easy pace.

## Congratulations.

You've completed the SwimBritain Accelerator Programme!

You should now be fully trained to go further, faster and, hopefully, be first over the finish line on the big day.

Good luck to you and your team!

## Total distance for session

25m pool – 56 lengths  
50m pool – 28 lengths

**= 1,400m**

## Don't forget

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