

Session

1

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



means don't include these lengths in your swim

What you'll need for this session:

Roughly 20 – 30 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 1

SwimBritain
Accelerator Programme

1 Warm up

Swim with a 20-second rest between each length:

1 length front crawl or breaststroke

1 length front crawl kick

🌊 1 length front crawl or breaststroke

🌊 1 length front crawl kick

SwimTip

For front crawl kick, grab your float, hold it in front of you and kick away.

2 Main set

🌊 Swim 8 lengths front crawl or breaststroke with a 15-second rest in between each length

SwimTip

Push yourself!
Try to go faster with each length.

3 Cool down

Swim with a 20-second rest between each length:

1 length front crawl or breaststroke

1 length front crawl kick

🌊 1 length front crawl or breaststroke

🌊 1 length front crawl kick

SwimTip

Stretch your legs and keep your ankles loose and flexible.

Total distance for session

25m pool – 16 lengths
50m pool – 8 lengths

= 400m

Did you know?

30 minutes of breaststroke can burn up to 367kcal vs. 30 minutes walking at 2mph which burns off up to 75kcal.

Don't forget

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

Session 2

SwimBritain
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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 2

SwimBritain
Accelerator Programme

1 Warm up

Swim with a 20 second rest between each length:

🌊 6 lengths front crawl or breaststroke

SwimTip

For front crawl, enter the water in line with your shoulder.

2 Main set

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

🌊 2 lengths front crawl or breaststroke

🌊 3 x 2 lengths front crawl or breaststroke – first half-length fast, second half slow

🌊 2 lengths front crawl or breaststroke

SwimTip

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

3 Cool down

Swim with a 20-second rest between each length:

🌊 4 lengths front crawl or breaststroke

Total distance for session

25m pool – 20 lengths
50m pool – 10 lengths

= 500m

Did you know?

30 minutes of front crawl can burn up to 257kcal vs. 30 minutes walking at 3mph which burns off up to 99kcal.

Don't forget

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Session 3

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Accelerator Programme

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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 20 – 30 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 3

SwimBritain
Accelerator Programme

1 Warm up

Swim with a 20-second rest in between each set:

1 length front crawl or breaststroke

1 length kicking

🌊 1 length front crawl or breaststroke

🌊 1 length kicking

🌊 2 lengths front crawl or breaststroke

SwimTip

When kicking for a length, use a float, hold it in front of you and kick away.

2 Main set

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

🌊 5 x 2 lengths front crawl or breaststroke

SwimTip

For front crawl, enter the water in line with your shoulder.

3 Cool down

Swim with a 15-second rest between each length:

🌊 6 lengths front crawl or breaststroke

SwimTip

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

Total distance for session

25m pool – 22 lengths
50m pool – 11 lengths

= 550m

Did you know?

30 minutes of breaststroke can burn up to 367kcal vs. 30 minutes cycling at 10-12mph which burns off up to 180kcal.

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Session 4

SwimBritain
Accelerator Programme

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 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 4

SwimBritain
Accelerator Programme

1 Warm up

Swim with a 15-second rest between each set:

1 length front crawl or breaststroke

2 lengths front crawl or breaststroke

🌊 1 length front crawl or breaststroke

🌊 2 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

250m Challenge Time

Watch the clock!

🌊 10 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

Push yourself!
Try to go faster with each length.

3 Cool down

Swim with a 30-second rest between each length:

🌊 6 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 – 22 lengths

50m pool – 11 lengths

= 550m

Did you know?

Michael Jamieson won his 200m Breaststroke silver medal at London 2012 in just 2:07:43.

How fast can you swim 250m?

Don't forget

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Session 5

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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 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.

Session 5

SwimBritain
Accelerator Programme

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.

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Session 6

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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 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.

Session 6

SwimBritain
Accelerator Programme

1 Warm up

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

🌊 2 x 4 lengths front crawl or breaststroke

SwimTip

For front crawl, enter the water in line with your shoulder.

2 Main set

Swim with a 15-second rest between each set:

🌊 4 lengths front crawl or breaststroke

🌊 2 lengths front crawl or breaststroke kick

🌊 2 lengths front crawl or breaststroke pull

🌊 4 lengths front crawl or breaststroke

SwimTip

When using a pull buoy, stretch arms out in front at the start of each pull.

3 Cool down

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

🌊 3 x 2 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 – 26 lengths
50m pool – 13 lengths

= 650m

Did you know?

Swimming can support up to 90% of the body's weight in water, creating a safer exercise environment for people with injuries.

Don't forget

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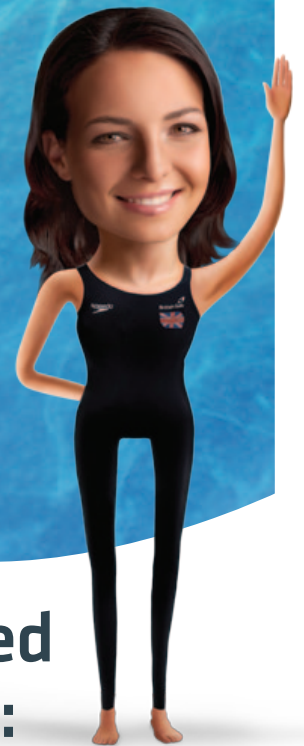
Session 7

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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 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

SwimBritain
Accelerator Programme

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

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Session 8

SwimBritain
Accelerator Programme

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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 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 8

SwimBritain
Accelerator Programme

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

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