

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.

Session 9

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

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**

Session 10

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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 25 – 35 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 10

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
- 🌊 2 lengths front crawl or breaststroke
- 🌊 2 lengths front crawl or breaststroke

SwimTip

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

2 Main set

Swim with a 15-second rest between each set:

1 length front crawl or breaststroke

- 🌊 2 lengths front crawl or breaststroke
- 🌊 4 lengths pull front crawl or breaststroke
- 🌊 8 lengths front crawl or breaststroke
- 🌊 4 lengths front crawl kick or breaststroke
- 🌊 2 lengths front crawl or breaststroke
- 🌊 1 length front crawl or breaststroke

SwimTip

Keep your stroke long and relaxed throughout this set.

3 Cool down

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

- 🌊 4 x 2 lengths front crawl or breaststroke

SwimTip

Almost there! Wind down with long relaxed strokes.

Total distance for session

25m pool – 38 lengths
50m pool – 19 lengths

= 950m

Did you know?

25 minutes of front crawl can burn up to 214kcal vs. 25 minutes of walking at 2mph which burns off up to 63kcal.

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Session 11

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20 steps to swimming success

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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 25 – 35 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 11

SwimBritain
Accelerator Programme

1 Warm up

Swim with a 15-second rest between each set:

- 🌊 4 lengths front crawl or breaststroke
- 🌊 2 lengths kick front crawl or breaststroke
- 🌊 4 lengths front crawl or breaststroke
- 🌊 2 lengths kick front crawl or breaststroke

SwimTip

Count your strokes for each length then try and cut them by two on the 4th length.

2 Main set

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

- 🌊 4 lengths front crawl or breaststroke – 2nd and 4th lengths fast
- 🌊 4 lengths front crawl or breaststroke – 1st and 3rd lengths fast

Repeat all of the above twice, in the same order

SwimTip

For front crawl, enter the water in line with your shoulder. With breaststroke, regulate your stroke: Pull. Breathe. Kick. And glide.

3 Cool down

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

- 🌊 2 x 3 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 – 42 lengths
50m pool – 21 lengths

= 1,050m

Did you know?

25 minutes of breaststroke can burn up to 306kcal vs. 25 minutes of cycling at 10-12mph which burns off up to 150kcal.

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Session 12

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 25 – 35 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 12

SwimBritain
Accelerator Programme

1 Warm up

Swim with a specified rest between each set:

🌊 4 lengths front crawl or breaststroke – 15 seconds rest

2 x 1 length front crawl or breaststroke – 10 seconds rest after each length

🌊 2 x 1 length front crawl or breaststroke – 10 seconds rest after each length

🌊 4 lengths front crawl or breaststroke – 15 seconds rest

SwimTip

For front crawl, enter the water in line with your shoulder. Relax your arms as they recover underwater.

2 Main set

500m Challenge Time

Watch the clock!

🌊 20 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

With breaststroke, regulate your stroke: Pull. Breathe. Kick. And glide. Hold the glide for 2 seconds.

3 Cool down

Swim with a specified rest between each set:

🌊 3 x 2 lengths front crawl or breaststroke – 20 seconds rest after each two-length set

🌊 4 x 1 length front crawl or breaststroke – rest 15 seconds after each length

Total distance for session

25m pool – 42 lengths
50m pool – 21 lengths

= 1,050m

Did you know?

Rebecca Adlington's 800m freestyle world record is 8:14:10 minutes, she swam the first 500m in 5:07:62.

Don't forget

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How fast can you swim 500m?

Session 13

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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 30 – 40 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 13

SwimBritain
Accelerator Programme

1 Warm up

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

🌊 2 lengths front crawl or breaststroke – steady pace

🌊 2 lengths front crawl or breaststroke – fast pace

Repeat all of above

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 20-second rest between each four-length set:

🌊 7 x 4 lengths front crawl or breaststroke

SwimTip

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

3 Cool down

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

🌊 4 x 2 lengths front crawl or breaststroke

SwimTip

Breaststroke – kick, arms forward and stretch. Front crawl – try bilateral breathing with a breath every third stroke.

Total distance for session

25m pool – 44 lengths
50m pool – 22 lengths

= 1,100m

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.

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Session 14

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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 30 – 40 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 14

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 kick lengths, grab a float, hold it in front of you and kick away.

2 Main set

Swim front crawl or breaststroke with a specified rest between each set:

- 2 lengths – sprint every other length – 10s rest
- 2 x 4 lengths – sprint every other length – 15s rest
- 8 lengths – sprint every other length – 20s rest
- 2 x 4 lengths – sprint every other length – 15s rest
- 2 lengths – sprint every other length – 10s rest

3 Cool down

Swim with a specified rest between each set:

- 2 x 4 lengths front crawl or breaststroke – rest 20 seconds after each four-length set
- 1 x 2 lengths front crawl or breaststroke – rest 15 seconds after each two-length set

SwimTip

Breaststroke – treat this as an easy, gentle swim. Feel the water as you pull back.

Total distance for session

25m pool – 46 lengths
50m pool – 23 lengths

= 1,150m

Did you know?

40 minutes of breaststroke can burn up to 489kcal vs. 40 minutes walking at 2mph which burns off up to 100kcal.

Don't forget

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