

# BUTTERFLY PROGRESSION

10 x 25

Reducing Rest

Fins / No Fins



1. **25 FLY Kick .. Back Streamline (Torpedo)**

2. *25 FLY Kick .. Front Streamline (Torpedo)*

3. **25 FLY Kick .. Arms Folded – on Back**

4. *25: u/w Dolphin Kick ▶ 2 Arms ▶ Front Torpedo ▶ 2 Arms ▶ Front Torpedo*  
6-8 FLY kicks 6-8 FLY kicks

5. **25 FLY Kick .. Back; X-over arms**

6. *25: u/w Dolphin Kick ▶ 3 Arms ▶ Front Torpedo ▶ 3 Arms ▶ Front Torpedo*

7. **25 Front FLY Kick .. Front, with Scull (u/w)**

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8. *25: u/w Dolphin Kick ▶ 4 Arms ▶ Front Torpedo ▶ 4 Arms ▶ Front Torpedo*

9. **25 FLY Kick .. Arms Folded – Front**

10. *25 FLY .. Full stroke; count strokes*

Little finger first; straight arm recovery  
Feet together with *kick in* (hand entry) and  
*kick out* (hand exit): timing of the stroke  
Continuous arms together  
Breath just prior to arm recovery

## *Michael Klim Super Set*

5m u/w Str. FLY Kick ► 20m FLY (2 breaths)

10m u/w Str. FLY Kick ► 15m FLY (2 breaths)

15m u/w Str. FLY Kick ► 10m FLY (2 breaths)

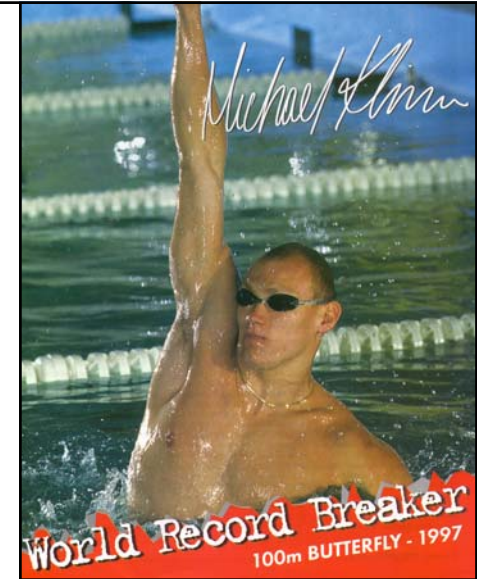
10m u/w Str. FLY Kick ► 15m FLY (2 breaths)

5m u/w Str. FLY Kick ► 20m FLY (2 breaths)

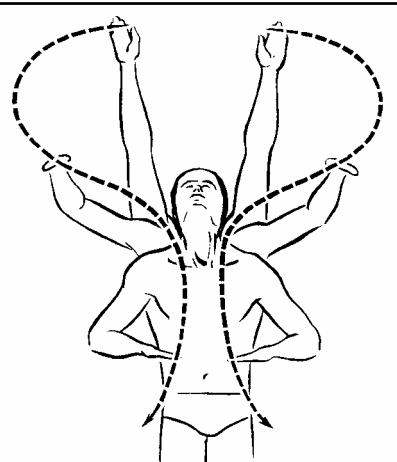
(50m Pool: 25m Fly (as above) ► FTD F/S to 50m; 20 or 30 seconds recovery)  
(25m pool: 20, 30 or 40 seconds recovery)

(Variations: with fins; without fins; number of breaths in full stroke)

**If you believe you can do something ...  
you are probably right**



*Quality*  
is more important than  
*Quantity*



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**I  
have  
learnt  
the  
Butterfly  
Progression  
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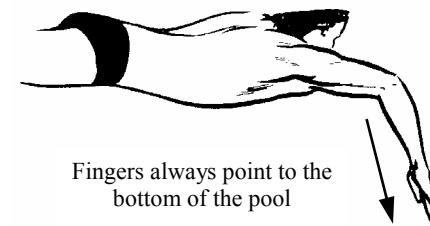


# FREESTYLE PROGRESSION

14 x 25

Fins

Without Fins



Fingers always point to the bottom of the pool

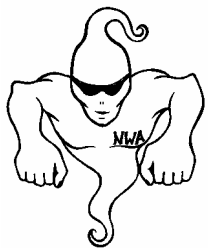
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After breath, look to the bottom of the pool; ear on arm

**50m Pool**

25m .. *swim out*  
where appropriate

1. **50 F/S Kick with Board**
2. **25 Side Lateral (*Right Hand on Board*) F/S Kick .. ear on arm**  
(Rolling of the head to breathe (not lifting); chin brought to the shoulder, looking down;  
continuous kick; aim to eliminate any hesitation in the kick when swimmer turns to breathe)
3. **25 Side Lateral (*Left Hand on Board*) F/S Kick .. ear on arm**
4. **25 Side Lateral (R) F/S Kick and Scull .. right arm extended .. no board**
5. **25 Side Lateral (L) F/S Kick and Scull .. left arm extended, sculling .. no board**
6. **25 Side Lateral Kick, left arm extended, sculling – right hand in pocket; high elbow position**
7. **25 Side Lateral Kick, right arm extended, sculling – left hand in pocket; high elbow position**
8. **25 Side Lateral Kick, right arm extended, left arm half recovery** (slow half recovery – aim: 4/4 kicks)
9. **25 Side Lateral Kick, left arm extended, right arm half recovery** (slow half recovery – aim: 4/4 kicks)
10. **25 Arms Folded F/S Kick .. head up**
11. **25 Torpedo (Streamline) F/S Kick .. head up; hips up breathe out u/w (6-8 kicks)**
12. **25 Torpedo Kick with hip rotation; hip rotates first, followed by the trunk**
13. **25 Shark Fin Drill – 6 or 8 kicks / 3 stroke switch:** elbow led recovery; no splash entry; good trunk rotation  
(Pause 1-2 seconds or 2-4 kicks in high elbow position .. elbow-hand-shoulder in alignment)
14. **25 Exchange Arm Drill – 6 or 8 kicks / 1 stroke switch; exchange; breathe, head down; *slow Ô fast***



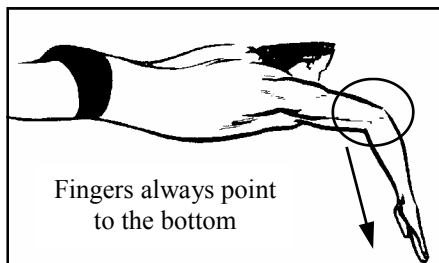
# A Simple Freestyle Set (1)

100% Right is 100% Right ... 99% Right is 100% Wrong



Fins as directed

1. **25 Lateral (Left) ► 25 Lateral (Right)**
2. **25 Shark Fin – 6 or 8 kicks / 3 stroke switch ► 25 FTD F/S**
3. **25 Shark Fin – 6 or 8 kicks / 1 stroke switch ► 25 FTD F/S**
4. **50: 9 – 9 – 7 – 7 – 5 – 5**
5. **25 Shark Fin – 6 or 8 kicks / 1 stroke switch ► 25 FTD F/S**
6. **25 Shark Fin – 6 or 8 kicks / 3 stroke switch ► 25 FTD F/S**
7. **25 Lateral (Left) ► 25 Lateral (Right)**



## Freestyle

- Strong, continuous kick with extended legs – pointed toes
- Bent Arm Recovery with slight elbow lead, thumb first
- Controlled breathing & head position
- Long stroke with slow arms

Fingertips – wrist – elbow – shoulder ... No splash entry

**FTD**  
Finger Tip Drag  
or  
Lazy Arm Drill

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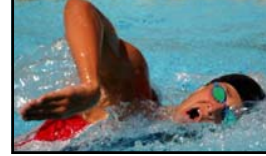
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