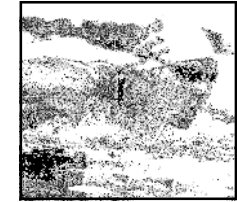




BUTTERFLY PROGRESSION



10 x 25 Drill + 25 FTD F/S

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(3) ► 2 Arms ► Front Torpedo ► 2 Arms ► Front Torpedo

Head down (does not see hand entry) - No breath 6-8 FLY kicks

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

6. 25: u/w Dolphin Kick(3) ► 3 Arms ► Front Torpedo ► 3 Arms ► Front Torpedo

Head down (does not see hand entry) - No breath 6-8 FLY kicks

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

8. 25: u/w Dolphin Kick(3) ► 4 Arms ► Front Torpedo ► 4 Arms ► Front Torpedo

Head down (does not see hand entry) - No breath 6-8 FLY kicks

9. 25 FLY Kick .. Arms Folded – Front (continuous kick .. breathe 4-6-8 kicks)

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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)
Continuous arms together
Breath just prior to arm recovery

Progressions and Tags also available for B/K — F/S — B/R & IM, as well the above (and variations)

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)

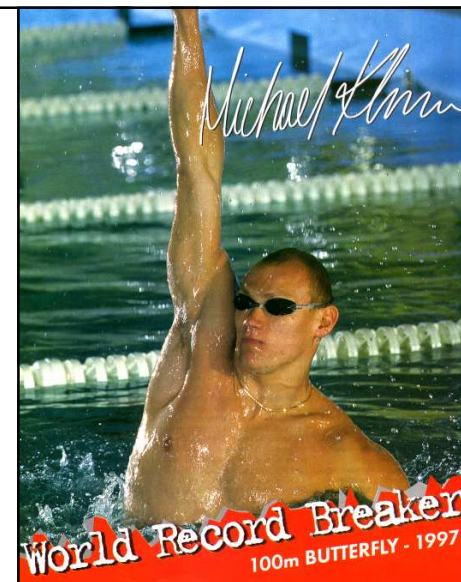
5m u/w Str. FLY Kick ► 20m FLY (2 breaths)

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

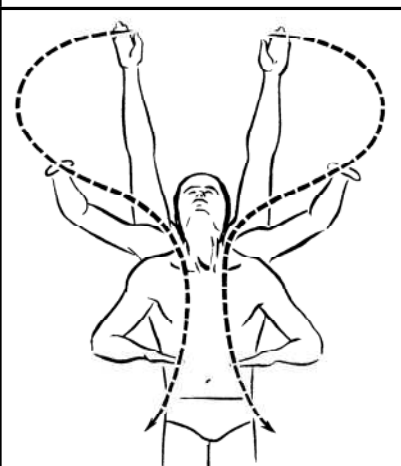
FTD F/S = Finger Tip Drag Freestyle

(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



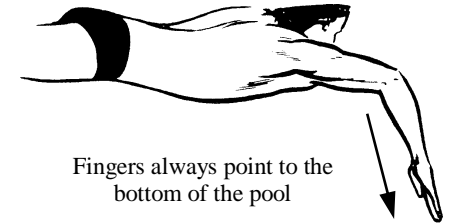


FREESTYLE PROGRESSION

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

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—4 kicks *right arm extended* ► 4 kicks left arm half recovery - “up” + 4 kicks - “back” (4/4/4)**
9. **25 Side Lateral Kick—4 kicks *left arm extended* ► 4 kicks right arm half recovery - “up” + 4 kicks - “back” (4/4/4)**
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* ► *fast***

Half recoveries—controlled (slow) tempo

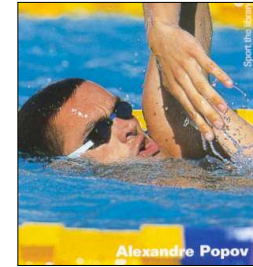
50m Pool
25m .. swim out FTD where appropriate

2-4 x 50m FTD F/S consolidating all technique aspects



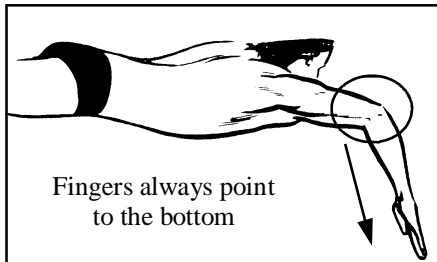
A Simple Freestyle Set (1)

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



Butterfly .. take the challenge



Butterfly .. take the challenge



Butterfly .. take the challenge



Butterfly .. take the challenge



Butterfly .. take the challenge



Butterfly .. take the challenge



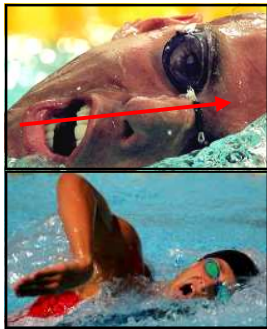
Butterfly .. take the challenge



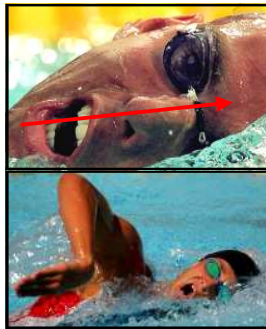
Butterfly .. take the challenge



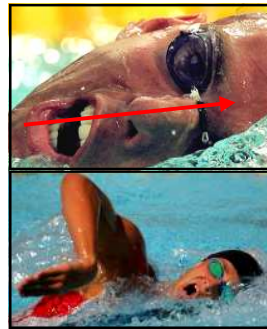
Butterfly .. take the challenge



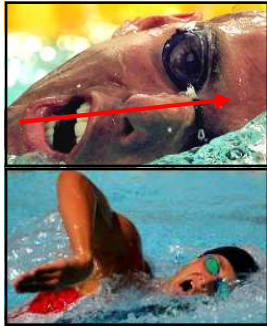
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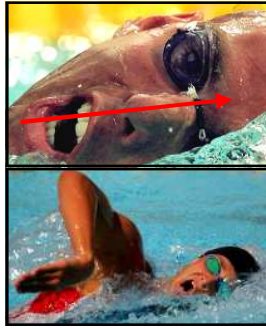
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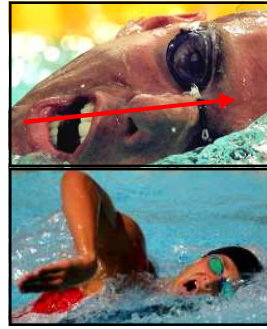
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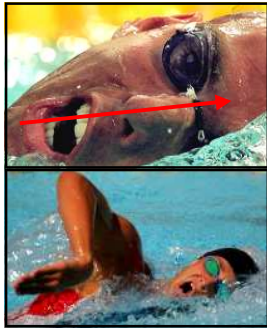
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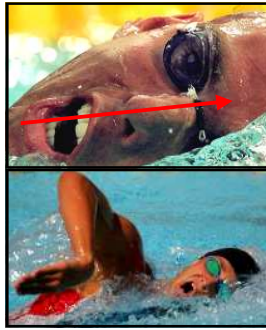
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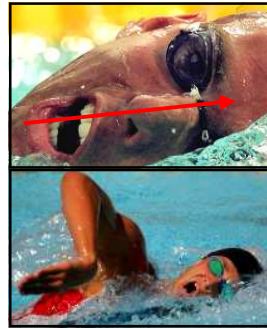
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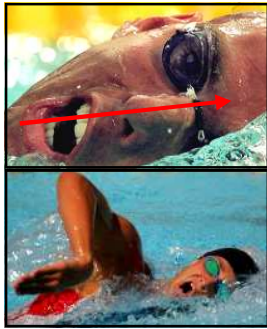
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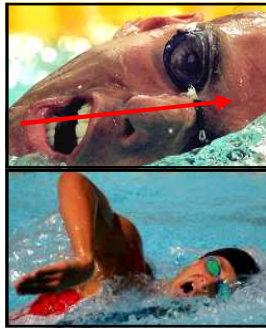
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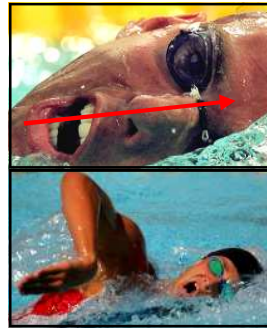
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