



Michael Phelps: ONE-ARM BUTTERFLY

Reproduced and modified from SWIM, March/April 2003 and Swimming in Australia, July/August

“Drills are an essential part of my training. I do at least 400 metres of drills every workout ... my favourite drill .. is the one-arm butterfly drill .. it renews my feel for the stroke, and is a constant reminder of how butterfly should be done .. it teaches me to keep my hips in rhythm with the stroke ...” Michael Phelps, World Champion

Simple Sets

Assumption: 25m pool .. adjust to your situation

- Set 1: 25m (one arm fly – left)
 25m (one arm fly – right)
 2 x 50m (2L – 2R – 4Both)
 25m (one arm fly – right)
 25m (one arm fly – left)

150 Metres

- Set 2: 50m (one arm fly – left)
 50m (one arm fly – right)
 2 x 50m (2L – 2R – 4Both)
 50m (one arm fly – right)
 50m (one arm fly – left)

250 Metres

- Set 3: 25m Str. Fly Kick on back
 25m Str. Fly Kick on Front
 50m (one arm fly – left)
 50m (one arm fly – right)
 50m (2L – 2R – 4Both)
 50m (one arm fly – right)
 50m (one arm fly – left)
 25m Fly K (arms folded) on back
 25m Fly K (arms folded) on Front
 50m Fly .. full stroke

400 Metres

*“When I do one arm fly drills, I concentrate on **three things** ... keeping my stroke long ... making sure my hips are high, riding the surface ... and, kicking hard every time.”*

“I never drop my legs, and there is no time during the drill when I am resting.”

*“I have learnt that **whatever I do in practice will show up in a meet**. So, it is **important** that my stroke in **practice is perfect** – my hips are high, and I keep a strong, steady kick going.”*

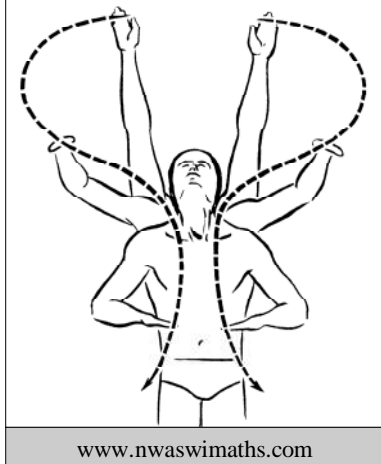
See also: Michael Klim Super Set

Michael Klim Super Set

1. 5m u/w Str. FLY Kick ► 20m FLY (2 breaths)
2. 10m u/w Str. FLY Kick ► 15m FLY (2 breaths)
3. 15m u/w Str. FLY Kick ► 10m FLY (2 breaths)
4. 10m u/w Str. FLY Kick ► 15m FLY (2 breaths)
5. 5m u/w Str. FLY Kick ► 20m FLY (2 breaths)

after each .. FTD F/S bilateral breathing to 50m; 30 / 40 seconds recovery

x 3



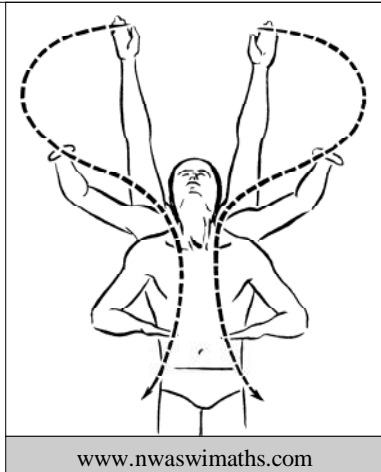
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