



Butterfly Workout By: Coach Leslie Scott

Warm up:

2 x 200 Swim, Pull

Kick Set:

8 x 50 dolphin kick on 1:00

odds: dolphin kick on your side 25 right, 25 left

evens: 25 underwater dolphin kick, 25 dolphin kick on your back

Technique Set:

16 x 25 on :30

#1-4 Work on fly arms, drag hands on recovery little fingers up, freestyle kick

#5-8 Two strokes fly with free kick, Two strokes regular fly

#9-12 Two right arms, Two both, Two left arms, only breathe on the both arms

#13-16 Three –four strokes perfect fly, rest free

Main Set:

2 x 100 Fly (can do above drills)

4 x 50 Free

1 x 200 IM

20 sec rest. Repeat 3 times, second round the 100's are back, third round 100's are breast

Pull Set:

1 x 200

Cool down: 100

Total: 3, 300