



## **Butterfly Workout By: Coach Leslie Scott**

### **Warm up:**

1 x 400 Swim

### **Kick Set:**

300 streamline dolphin kick on your back (can use fins)

Easy 100 free

### **Technique Set:**

8 x 25 on :30

#1 right arm fly, breathe forward not to the side

#2 left arm fly, breathe forward not to the side

#3 right arm, both arms, left arm, only breathe on the both arms

#4 Regular butterfly but extend the glide in front

Repeat

### **Pre-Set:**

8 x 25 on :30

#1 3 strokes fly, easy free

#2 5 strokes fly, easy free

#3 7 strokes fly, easy free

#4 full length fly

Repeat

### **Main Set:**

Three rounds

10 x 25 Fly on :40

Hold your time, technique and stroke count, one minute rest between rounds

**Cool down:** 4 x 50 Free

**Total:** 2,150

