**Warm Up**

200 Free (160 strokes)

200 Kick (timed for 2 minutes 30 seconds)

200 Choice (128 strokes)

**Technique Set**

The idea is to be able to breakdown components of a butterfly swim. You’ll need ample space for a full “fly” swing span and a chair or couch for some kick work.

* Seated on a chair or the couch, move your bottom to the edge. Engage your core (tighten your belly and your butt!) and lean back slightly. Hold your feet barely off the ground for 15 seconds.

Round 1 – lift feet slightly with your hands behind you to aid in balance.

Round 2 – lift feet slightly with your hands on your thighs

Round 3 – tighten and relax repeatedly for the entire 15 seconds. Put hands on your head

* Stand in front of a mirror to perform your butterfly pull. Look at yourself in the mirror at the pull phase. (Where you should be breathing!) Keep you chin in the lead as you breathe and as your lower your head for the recovery. See if you can keep your entry in front of you consistently. Everyone’s entry will vary but as a general rule, it shouldn’t be wider than your shoulders or so narrow that your wrists are in jeopardy of touching. Your “pull” should be oriented to getting the water next to your body behind you. Think about the mechanics of it all. Your goal is to move forward. Where to do need to push harder? Repeat for 12 pull cycles

Round 1 – Focus on the timing of your breath.

Round 2 – Focus on your stroke entry position and mechanics of the pull. Use a fast arm recovery to get your entry to the same point each time.

Round 3 – Focus on letting your head drive your forward during your stroke. Remember, your neck should not hurt after swimming fly. Other things should hurt, but not your neck.

**Speed Set**

* “Swim” 30 seconds of fly (mimic your kick by standing with your feet together and undulating with the timing of your stroke. Think of Erin’s famous analogy of butt breathing!) Do it quick but keep the integrity of your stroke. Sloppy fly is ineffective and hard habit to break.

30 seconds of swim, 10 seconds rest in streamline – Repeat 8 times

**Warm Down**

200 Free (160 strokes)

200 Kick (timed for 2 minutes 30 seconds)

200 Choice (128 strokes)