BUTTERFLY NOTES – Russell Mark Video

TEMPO – Very narrow range: 1.05 – 1.15 in the 100; 1.10 – 1.30 in the 200

 Speed increases in FLY by maintaining tempo and increasing DPS

MOTION OF STROKE – Do not think of your body moving up and down like a wave. Rather think about your body always moving forward.

 “Pull and kick forward”

 “Crash and press forward”

PRESS FORWARD

 Head and torso lead the way

 “Kick the hands forward”

 Face sets direction

 Pressing forward will help keep the hips high

 \* Mistake: Pressing too deep

 Takes exceptional flexibility and range of motion to pull this off

 Creates a long distance for body to travel to get a breath

 Creates increased resistance against the water

CATCH

 Hands enter at shoulder width

 FOCUS – Push water backwards with palms facing back

 Some outward sweep is OK, but only to set up the press forward and the pushing of the water backward.

HEAD & BREATHING

 Move head as little as possible into breath

 Let the natural rise of the head break the surface (no lifting head out)

 Head should break surface as the shoulders break surface

SECOND KICK

 Knees have to bend to set it up correctly

RECOVERY

 “Crash forward”

 Do not overemphasize the finish of the stroke. It should be a rounded finish leading into the recovery phase of the stroke. There should be no pause at the end of the stroke.

 Head leads into water before the hands enter.

 Head goes forward, not past body line (that would be too deep)

 Lock the head in line then lean forward, followed by the hands stretching forward (not down)

STROKE FINISH

 Narrow under body

 Round out of water into recovery

 A narrow finish allows for better connection of the pull with the body