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