

Butterfly - Beginner

Warm Up:

2x50s freestyle

2x50s (first 2 strokes butterfly, then choice)

Main Set:

12x25s where: odd = free

even = 4 strokes of butterfly then freestyle

100 easy

50 with 15 metres of butterfly, then easy swim.

Cool Down:

Minimum 100m easy.

725m

If there's one thing you should know about me, it's that I LOVE butterfly. It's an excellent source of fitness, and for beginners, it's something you can "muscle" through.