USA Butterfly Revolution
Butterfly Performance Technique

• Fly has the smallest range of racing tempos of all strokes
• 100 fly : Mostly 1.05 to 1.15 seconds per stroke
• 200 fly : Mostly 1.10 to 1.30 seconds per stroke
• The best 18 & Under athletes have similar tempos as pros
• Athletes improve by reducing stroke count as they get older
• Possible training benefit for a tired lagging fly stroke, but not directly race relevant (or technically effective)
100 fly
Average Tempo by 50

90% of 50s from 1.05-1.15
200 fly
Avg Tempo by 50

85% of 50s from 1.1-1.3
The Motion

Not a big undulating motion

Focus is FORWARD
Pull+Kick Forward – Crash+Press Forward
The Motion

Pull + Kick Forward

Crash + Press Forward
Press Forward

- Head & torso lead way
- Kick the hands forward
- Head stays in line w body
- Eyes looking down or slightly forward
- Chin is NOT tucked
- Forehead NOT leading the way
- Your face sets direction
- High hips come from this
Beware of Pressing Deep
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• Only athletes with flexible shoulders and large range of motion have a chance to be effective in this

• Large distance to rise up for the breath

• A lot of resistance
Pull + Kick Forward

Starting from hands at shoulder width:

• Focus on pushing water back with your palms

• Hands will initially go wider

• Easier to have a good catch with a forward press (not a deep press)

• Move head as little as possible to prepare for breath
Pull + Kick Forward

- Head will naturally rise with the pull
- Head breaks the surface as the hands pass the shoulders
- KICK with the pull!!!
- Bend the knees to setup
- Often, athletes will miss this kick during a breath
Crash Forward

- Finish the pull with a rounded sweeping motion to smoothly transition into recovery
- Do NOT over-emphasize the finish
- Head leads the way into the water
- Head gets in line but goes no further
- Crash hands forward
Pull Pattern

- There will be some natural roundness to the hand path, but focus on pushing water back.
- A finish underneath the body can help generate that kick.
Questions?