



## **FLOAT LIKE A BUTTERFLY... SWIM THE REST FREE!**

**Sat, June 1: 1,000 yards nonstop: 8 laps FR,  
2 laps fly (200 fly total)**

**Sat, June 8: 1,000 yards nonstop: 6 laps FR,  
4 laps fly (400 fly total)**

**Sat, June 15: 1,000 yards nonstop: 4 laps  
FR, 6 laps fly (600 fly total)**

**Sat, June 22: 1,000 yards nonstop: 2 laps  
FR, 8 laps fly (800 fly total)**

**Sat, June 29: 1,000 yards nonstop fly (1,000  
fly total)**

### **Coaches:**

- **Warm up: 500 FR, 300 pull, 300 kick w/fins**
- **Add kick set, pull set & long cool down**
- **Swimmers can use fins, take breaks, sub in strokes, do drills as needed, etc.**
- **Give each swimmer a butterfly QAAC on last Saturday.**