



Stroke Clinic
8/28/23

Chalk Talk-Fly

Catch

Move body forward-push body back
Fingers point down-palms face back
Elbows bend so forearms angle vertically
Enter shoulder width with hands
Arms go wide after entry
Palms down-thumbs can be first

Press

Drive body forward
Chin no tucked-keep neck stable
Press body forward
Hands enter-extend forward
Kick
Rounded finish-sweep into recovery

Kick

Two kicks-equal in power
Kick at entry and exit
Drive knees downward
Kick hands forward
Kick breath forward

Breath

Breath low
Pull forward into breath
2nd kick crucial for breath

Clinic

Warmup 1,200

200 free 3:20

4x50 free drill progression :50

Odd-fist free

Even-catchup free

200 free/back by 50 3:20

4x50 back drill progression :50

Odd-fist back

Even-catchup back

200 free 3:20

4x50 breast progression

Odd-2 kick/1 stroke

Even-Breast arms with free kick

Kick Set w/Board

12x50

600

Odd fast flutter kick/dolphin kick

Drills 4 rounds

4x25 drill

2x50 drill/swim

100 swim

A

:25

:50

2:00

B

:35

1:00

2:00

1,200

Round 1

Round 2

Flutter kick with fly arms

One arm fly-focus on chest press and extension

Warmdown/Covers

