

The Swimming Drill Tom Billinge: A Comprehensive Guide to Mastering the Butterfly Kick



The Tom Billinge swimming drill is a renowned technique created by renowned swimming coach Tom Billinge. This drill primarily targets the

butterfly kick, a fundamental stroke in both butterfly and freestyle swimming. By practicing the Tom Billinge drill, swimmers can significantly improve their lower body strength, core stability, and overall swimming efficiency.

Benefits of the Tom Billinge Swimming Drill

- **Enhanced Butterfly Kick:** The drill isolates and strengthens the muscles involved in the butterfly kick, resulting in a more powerful and efficient propulsion.
- **Improved Freestyle Speed:** A strong butterfly kick is crucial for freestyle swimming as it provides additional thrust and reduces drag.
- **Core Strength:** The drill engages the core muscles, including the abs and obliques, fostering stability and balance in the water.
- **Leg Strength:** The drill targets the quadriceps, hamstrings, and calves, contributing to overall leg strength and endurance.
- **Increased Speed and Endurance:** By strengthening the butterfly kick, the drill enhances overall swimming speed and extends endurance capabilities.

Step-by-Step Instructions

1. **Starting Position:** Begin by submerging your head underwater and extending your arms forward in a streamline position.
2. **Leg Motion:** Perform an alternating butterfly kick, keeping your toes pointed and ankles flexed.
3. **Core Engagement:** Engage your core muscles to maintain a stable and streamlined position throughout the drill.

4. **Distance:** Start with a distance of 25-50 meters and gradually increase it as you progress.
5. **Sets and Reps:** Aim for 5-10 sets of the drill, with each set consisting of 10-20 repetitions.
6. **Rest:** Allow sufficient rest between sets to recover and maintain proper form.

Variations

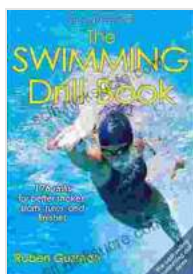
- **Underwater Kick with Fins:** Add fins to your feet to increase resistance and enhance leg strength.
- **Flutter Kick with Buoy:** Use a pull buoy between your legs to focus solely on the butterfly kick.
- **Dolphins:** Surface and take a breath, then immediately return to the starting position for a continuous repetition.

Training Tips

- **Consistency:** Incorporate the Tom Billinge drill into your regular training routine to see significant improvements.
- **Progressive Overload:** Gradually increase the distance, sets, reps, or intensity to challenge yourself and continue progressing.
- **Correct Form:** Pay attention to proper technique, especially toe pointing and ankle flexion, to maximize the benefits of the drill.
- **Rest and Recovery:** Ensure adequate rest and recovery time to allow your muscles to rebuild and prevent overtraining.

- **Warm-Up and Cool-Down:** Always warm up before performing the drill and cool down afterward to reduce risk of injury.

The Tom Billinge swimming drill is an invaluable tool for swimmers looking to enhance their butterfly kick, improve their overall swimming technique, and achieve greater speed and endurance. By incorporating this drill into your training regimen and following the instructions and tips outlined above, you can elevate your swimming performance to the next level. Remember that consistency, proper form, and progressive overload are key to unlocking the full potential of this transformative drill.



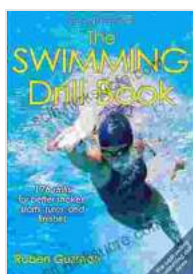
The Swimming Drill Book by Tom Billinge

★★★★☆ 4.4 out of 5

Language : English
File size : 19278 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 513 pages
Lending : Enabled

FREE

DOWNLOAD E-BOOK



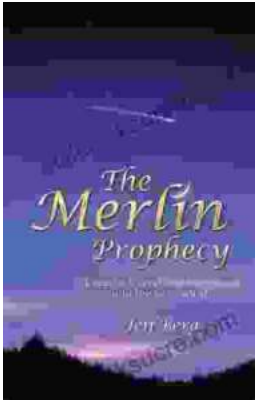
The Swimming Drill Book by Tom Billinge

★★★★☆ 4.4 out of 5

Language : English
File size : 19278 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 513 pages
Lending : Enabled

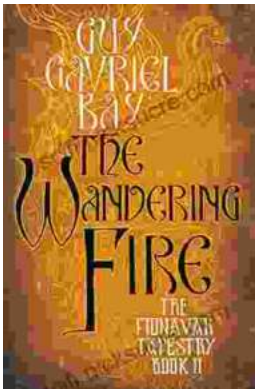
FREE

DOWNLOAD E-BOOK



Mystic Legend and His Epic Crusade Into the New World: A Comprehensive Exploration

The story of Mystic Legend is a tale of adventure, discovery, and the clash of cultures. It is a story that has been passed down through generations, and it is...



The Wandering Fire: A Captivating Fantasy Epic in the Fionavar Tapestry

: A Realm of Enchantment and Adventure Welcome to the enigmatic realm of Fionavar, a world where ancient magic, heroic quests, and the battle between good and evil intertwine....