

GREEN SWIMMING: GETTING INTO THE ENERGY SAVING RHYTHM

Ross Sanders

**Centre for Aquatics Research and Education, PESLS, The University of Edinburgh, Edinburgh,
UK**

Why is butterfly almost as fast as freestyle? By developing good rhythm and timing of body actions skilled butterfly swimmers are able to swim more economically than less skilled swimmers – almost as economically as freestyle! Implications for coaching and identification of swimmers suited to competitive butterfly swimming are discussed.