Print this out, place on a wet kickboard. The paper should stay on the kickboard when wet and act like a tablet.

**More Challenging 1**

You will need a kickboard and pull-buoy for this workout. Your pool facilities should have these available. If not, you can do everything swim.

**Warm-up**

Start easy and go at your own pace. Try to build speed throughout the warm-up

3 x 150 swim

4 x 75 pull

5 x 50 kick

4 x 75 Odd # 25 Fly/25 back/25 breast @ 1:25

Even # 25 Back/25 breast/25 free

8 x 25 Odd # any stroke

Even # Free

**Main Set**

2 x 125 Individual Medley (Fly, back, breast, free) with 50 of best stroke

6 x 25 Fly @ :30

50 Easy------------**This is your recovery/rest period. Take as much time as you need before beginning the next section---------------------**

2 x 125 Individual Medley (Fly, back, breast, free) with 50 of 2nd best stroke

6 x 25 Back @ :30

50 Easy

2 x 125 Individual Medley (Fly, back, breast, free) with 50 of worst stroke

6 x 25 Breast @ :30

50 Easy

2 x 125 Individual Medley (Fly, back, breast, free) with 50 of best stroke

6 x 25 FAST free @ :30

200 Easy

Total including warm-up: 3300 yds or meters