



Elgin Blue Wave Workout

Monday 4/3/16

Workout Total 2300

Reps	x	Yds	Exercise	Interval\Rest	
1	x	500	swim	500	0
1	x	500	kick	500	0
1	x	500	pull	500	0
8	x	50	im-drill	400	10
4	x	25	choice	100	25
4	x	50	off the blocks	200	0
1	x	100	easy	100	0