



Elgin Blue Wave Workout

Wednesday 4/5/17

Workout Total 1775

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim	700	0
12	x	25	im kick	300	10
4	x	50	im drill	200	10
1	x	200	easy	200	0
6	x	25	choice	150	25
5	x	25	off blocks	125	0
1	x	100	easy	100	0