



## Elgin Blue Wave Workout

**Wednesday 4/12/17 Workout Total 4200**

| <b>Reps</b> | <b>x</b> | <b>Yds</b> | <b>Exercise</b>      | <b>Interval\Rest</b> |
|-------------|----------|------------|----------------------|----------------------|
| 1           | x        | 800        | swim                 | 800 0                |
| 12          | x        | 75         | im drill/kick/drill  | 900 15               |
| 1           | x        | 600        | 75 free/25 kick      | 600 0                |
| 1           | x        | 500        | kick/w fins easy/med | 500 0                |
| 1           | x        | 300        | swim choice          | 300 0                |
| 3           | x        | 200        | pull                 | 600 15               |
| 10          | x        | 50         | choice drill/sw      | 500 15               |