



Elgin Blue Wave Workout

Wednesday 4/12/17

Workout Total

4200

Reps	x	Yds	Exercise	Interval	Rest
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