



## Elgin Blue Wave Workout

**Wednesday 4/19/17**

**Workout Total**

**3800**

<b>Reps</b>	<b>x</b>	<b>Yds</b>	<b>Exercise</b>	<b>Interval</b>	<b>Rest</b>
1	x	800	swim	800	0
12	x	50	im drill	600	10
1	x	300	kick choice	300	0
1	x	200	easy	200	0
5	x	200	sprint 50/middle/50 fast	1000	20
28	x	25	choice	700	30
1	x	200	easy	200	0