



Elgin Blue Wave Workout

Sunday	4/23/17		Workout Total	5100
	Reps x	Yds	Exercise	Interval\Rest
	2 x	200	swim	400 20
	2 x	200	kick choice	400 20
	2 x	200	drill	400 20
	4 x	50	choice	200 1,00
	1 x	900	sw/fin last 25 hard	900 0
	1 x	600	pull on the 50 hard	600 0
	5 x	100	im	500 1,30
	2 x	500	swim	1000 6,00
	10 x	50	choice	500 50
	1 x	200	easy	200 0