



## Elgin Blue Wave Workout

**Wednesday 4/26/17**

**Workout Total**

**4700**

<b>Reps</b>	<b>x</b>	<b>Yds</b>	<b>Exercise</b>	<b>Interval</b>	<b>Rest</b>
1	x	700	swim	700	0
1	x	400	pull	400	0
5	x	100	im drill	500	15
20	x	100	5 groups-fr/kc/pull/cho	2000	1,30
8	x	75	kick/dr/sw im order	600	15
12	x	25	choice	300	25
1	x	200	easy	200	0