



Elgin Blue Wave Workout

Sunday 4/30/17

Workout Total

5400

Reps	x	Yds	Exercise	Interval	\Rest
1	x	700	swim	700	0
1	x	200	st kick no fins	200	0
1	x	200	drill choice	200	0
2	x	300	swim/pull	600	30
3	x	50	choicie	150	50
2	x	400	swim/pull	800	30
3	x	50	choice	150	50
2	x	500	swim/pull	1000	30
3	x	50	choice	150	50
2	x	600	swim	1200	30
3	x	50	choice	150	50
1	x	100	easy	100	0