



Elgin Blue Wave Workout

Wednesday 12/2/15

Workout Total

3200

Reps x	Yds	Exercise	Interval\Rest
1 x	700	swim	700 0
1 x	200	catch up/fist	200 0
1 x	200	br arms/fy br with 2 kicks	200 0
1 x	200	3 sec hold/ shark for 3	200 0
1 x	100	easy choice	100 0
1 x	1000	for time	1000 0
12 x	50	choice	600 20
1 x	200	pull	200 0