



Elgin Blue Wave Workout

Wednesday 12/16/15

Workout Total

4250

Reps	x	Yds	Exercise	Interval\Rest
1	x	700	swim	700 0
12	x	50	im kick/swim	600 15
4	x	600	sw/pull	2400 20
10	x	50	choice	500 20
1	x	50	easy	50 0