



## Elgin Blue Wave Workout

**Sunday 12/20/15**

**Workout Total**

**3650**

<b>Reps</b>	<b>x</b>	<b>Yds</b>	<b>Exercise</b>	<b>Interval\Rest</b>
1	x	700	swim	700 0
20	x	25	im drill	500 10
5	x	50	free woring on push off	250 15
10	x	100	free	1000 20
8	x	75	fly/bk/br	600 15
1	x	500	pull	500 0
1	x	100	easy	100 0