



Elgin Blue Wave Workout

Monday 12/21/15

Workout Total

4050

Reps	x	Yds	Exercise	Interval\Rest	
1	x	700	swim	700	0
5	x	100	im drill	500	20
3	x	200	im	600	20
3	x	200	free	600	15
3	x	200	pull	600	15
12	x	50	kick with fins	600	1,05
16	x	25	choice	400	30
1	x	50	easy	50	0