



Elgin Blue Wave Workout

Monday 12/28/15

Workout Total

4650

Reps	x	Yds	Exercise	Interval\Rest	
1	x	800	swim	800	0
1	x	400	im drill	400	0
10	x	50	fly	500	1,00
10	x	50	free	500	15
10	x	50	br	500	15
10	x	50	bk	500	15
1	x	50	easy	50	0
1	x	700	pull	700	0
6	x	100	im	600	15
1	x	100	easy	100	0