



## Elgin Blue Wave Workout

Wednesday 12/30/15

Workout Total

3000

Reps	x	Yds	Exercise	Interval	Rest
1	x	800	swim	800	0
20	x	25	im drill	500	10
8	x	100	free	800	1,30
1	x	50	easy	50	0
12	x	25	choice	300	30
10	x	50	free	500	35
	x		block work	0	
1	x	50	easy	50	0