



Elgin Blue Wave Workout

Wednesday 2/1/17

Workout Total

3150

Reps	x	Yds	Exercise	Interval	Rest
1	x	500	swim	500	0
1	x	500	pull	500	0
1	x	500	kick	500	0
1	x	400	im drill	400	0
2	x	400	im	800	1,00
1	x	50	easy	50	0
8	x	50	choice in middle	400	50