



Elgin Blue Wave Workout

Monday 2/6/17

Workout Total

3100

Reps x	Yds	Exercise	Interval\Rest
1 x	600	swim	600 0
1 x	400	2 sec hold free drill	400 0
1 x	200	4hard kick/4 easy kick	200 0
1 x	200	brrast 3 sechold	200 0
1 x	200	br w 2 kick	200 0
1 x	300	easy	300 0
1 x	200	3 sec on back	200 0
1 x	200	2 sec roll on back	200 0
1 x	500	pull	500 0
1 x	300	swim	300 0