



# Elgin Blue Wave Workout

Wednesday 2/8/17

Workout Total

4350

Reps	x	Yds	Exercise	Interval	Rest
1	x	500	swim	500	0
1	x	400	pull	400	0
1	x	400	kick	400	0
12	x	25	im drill	300	10
3	x	75	same stroke	225	1,15
3	x	75	same stroke	225	1,15
3	x	75	same stroke	225	1,15
3	x	75	same stroke	225	1,15
1	x	1650	for time	1650	0
1	x	200	easy	200	0