



Elgin Blue Wave Workout

Sunday 2/12/17

Workout Total

4350

Reps	x	Yds	Exercise	Interval\Rest	
1	x	800	swim	800	20
20	x	25	im drill	500	10
8	x	50	st kick with fins	400	50
8	x	25	free	200	25
3	x	300	im/free/choice	900	15
3	x	200	im/free/choice	600	15
3	x	100	im/free/choice	300	15
1	x	600	pull	600	0
1	x	50	easy	50	0