



Elgin Blue Wave Workout

Monday 2/13/17

Workout Total

3000

Reps	x	Yds	Exercise	Interval\Rest	
1	x	600	swim	600	0
1	x	400	pull	400	0
4	x	25	kick w noodles	100	0
4	x	25	arms only with noodles	100	0
12	x	50	free	600	40
1	x	100	easy	100	0
6	x	100	im	600	1,25
1	x	100	easy	100	0
6	x	50	st	300	50
1	x	100	easy	100	0