



Elgin Blue Wave Workout

Sunday 2/19/17

Workout Total

4500

Reps	x	Yds	Exercise	Interval	\Rest
1	x	800	swim	800	0
8	x	100	im-kick/dr 2 of each	800	20
4	x	200	free	800	2,15
10	x	50	st	500	50
1	x	100	easy	100	0
3	x	200	free	600	2,20
1	x	100	easy	100	0
8	x	50	st	400	45
1	x	300	pull	300	0
1	x	100	easy	100	0