



Elgin Blue Wave Workout

Monday 2/20/17

Workout Total

4400

Reps	x	Yds	Exercise	Interval\Rest
1	x	800	swim	800 0
12	x	50	im kick/drill	600 10
3	x	400	im	1200 30
			2 min rest	
3	x	500	swim/pull/swim	1500 6,00
1	x	100	easy	100 0
4	x	25	free	100 15
1	x	100	easy	100 0