



Elgin Blue Wave Workout

Wednesday 2/22/17

Workout Total

4100

Reps	x	Yds	Exercise	Interval\Rest
1	x	1000	swim	1000 0
16	x	25	im drill	400 10
1	x	300	st kick fly with fins	300 0
1	x	200	swim	200 0
10	x	50	free	500 35,40
8	x	50	st	400 45
6	x	50	st	300 45
4	x	50	st	200 45
2	x	50	choice	100 40
3	x	200	pull	600 2,30
1	x	100	easy	100 0