



Elgin Blue Wave Workout

Monday Date 1/2/17

Workout Total

4900

Reps	x	Yds	Exercise	Interval\Rest
10	x	100	swim warm up	1000 15
5	x	100	im drill	500 10
10	x	100	choice	1000 1,50
1	x	100	easy	100 0
10	x	100	im/free	1000 1,50
1	x	100	easy	100 0
10	x	100	pull choice	1000 15
1	x	200	easy	200 0