



## Elgin Blue Wave Workout

Monday 1/9/17

Workout Total

3950

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim	700	0
8	x	75	im-kick/drill/swim	600	20
8	x	200	free	1600	2,30
12	x	25	im	300	30
6	x	25	st kick as team	150	0
1	x	200	easy	200	0
8	x	25	choice	200	0
1	x	200	easy	200	0