



Elgin Blue Wave Workout

Wednesday Date 1/11/17

Workout Total

4300

Reps	x	Yds	Exercise	Interval\Rest
1	x	500	swim	500 0
1	x	500	pull	500 0
1	x	500	kick	500 0
12	x	50	im drill	600 15
12	x	100	st/fr/im	1200 30
1	x	200	easy	200 0
12	x	50	choice	600 50
1	x	200	easy	200 0