



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