



## Elgin Blue Wave Workout

Sunday 1/15/17

Workout Total

4150

Reps	x	Yds	Exercise	Interval\Rest
1	x	1000	swim	1000 0
5	x	50	kick with fins and boards	250 0
1	x	100	kick with fins no brd	100 0
1	x	100	easy stroke	100 0
1	x	800	free	800 0
3	x	50	stroke	150 50
1	x	800	free	800 0
3	x	50	stroke	150 50
3	x	100	stroke	300 20
1	x	300	pull	300 0
1	x	200	easy	200 0