



## 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