



Elgin Blue Wave Workout

Monday 1/16/17

Workout Total

3900

Reps	x	Yds	Exercise	Interval	Rest
1	x	500	swim	500	0
4	x	200	im-kck/dr/kck/sw	800	30
12	x	25	im	300	30
3	x	100	free	300	1,20
	x		1 minute rest		0
3	x	100	im	300	1,30
1	x	600	pull	600	0
1	x	200	easy	200	0
4	x	50	free	200	40
	x		1 minute rest		0
4	x	50	stroke	200	45
5	x	100	stroke	500	1,30