



Elgin Blue Wave Workout

Wednesday 1/18/17

Workout Total

3850

Reps	x	Yds	Exercise	Interval	Rest
1	x	600	swim	600	0
1	x	300	free drill with kckboard	300	0
10	x	50	kick with brd and fins	500	1,05
1	x	200	swim	200	0
5	x	100	im	500	1,30
4	x	200	free	800	2,20
1	x	100	easy	100	0
1	x	500	pull	500	0
5	x	50	st	250	50
1	x	100	easy	100	0