



Elgin Blue Wave Workout

Wednesday 1/25/17

Workout Total

3300

Reps	x	Yds	Exercise	Interval	Rest
1	x	500	swim	500	0
1	x	500	kick	500	0
1	x	500	pull	500	0
8	x	75	im-kick/dr/sw	600	20
8	x	25	free	200	25
4	x	200	choice no free	800	30
4	x	25	sprints off the blocks	100	0
1	x	100	easy	100	0