



Elgin Blue Wave Workout

Monday 1/30/17

Workout Total

3900

Reps x	Yds	Exercise	Interval\Rest
1 x	1000	swim	1000 0
8 x	50	im kick only	400 10
12 x	25	im	300 30
18 x	50	3fly/3fr/3bk/3fr/3br/3fr	900 50
5 x	100	free	500 1,20
1 x	500	pull	500 0
1 x	300	easy	3000