



Elgin Blue Wave Workout

Wednesday 3/1/17

Workout Total

4050

Reps	x	Yds	Exercise	Interval\Rest
1	x	800	swim	800 0
1	x	400	im drill	400 0
12	x	25	im	300 25
1	x	100	easy	100 0
1	x	1650	timed	1650 0
1	x	500	pull	500 0
12	x	25	im	300 25
1	x	100	easy 0	100 0