



# Elgin Blue Wave Workout

**Sunday 3/5/17**

**Workout Total**

**4300**

<b>Reps x</b>	<b>Yds</b>	<b>Exercise</b>	<b>Interval\Rest</b>
1 x	800	swim	800 0
1 x	300	kick w boards fast/easy	300 0
1 x	500	pull	500 0
6 x	100	im	600 1,30
		2 min rest	
6 x	100	free	600 1,15
1 x	100	easy	100 0
4 x	200	choice-hard	800 30
1 x	100	easy	100 0
12 x	25	im	300 25
1 x	200	easy	200 0