



Elgin Blue Wave Workout

Sunday 3/5/17

Workout Total

4300

Reps	x	Yds	Exercise	Interval\Rest	
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