



Elgin Blue Wave Workout

Monday 3/6/17

Workout Total

4300

Reps	x	Yds	Exercise	Interval\Rest	
1	x	800	swim	800	0
1	x	400	im drill	400	0
4	x	100	choice all the same	400	15
4	x	100	choice all the same	400	15
4	x	100	choice all the same	400	15
4	x	100	choice all the same	400	15
1	x	100	easy	100	0
3	x	200	pull	600	2,20
12	x	50	choice all the same	600	45
1	x	200	easy	200	0