



## Elgin Blue Wave Workout

**Monday 3/13/17**

**Workout Total**

**4050**

<b>Reps</b>	<b>x</b>	<b>Yds</b>	<b>Exercise</b>	<b>Interval\Rest</b>	
1	x	800	swim	800	0
1	x	200	2 sec hold high elbow	200	0
1	x	200	3r/3l/3full fly	200	0
1	x	200	br with second kick	200	0
1	x	200	3r/3l/on back	200	0
1	x	100	swim	100	0
10	x	25	choice	250	25
10	x	50	choice	500	45
8	x	75	choice	600	1,10
8	x	100	choice	800	1,30
1	x	200	easy	200	0