



Elgin Blue Wave Workout

Wednesday 3/15/17

Workout Total

5300

Reps	x	Yds	Exercise	Interval\Rest	
1	x	500	swim	500	0
1	x	500	kick	500	0
1	x	500	pull	500	0
12	x	50	im drill	600	10
4	x	800	swim/pull	3200	30