



Elgin Blue Wave Workout

Wednesday 3/22/17

Workout Total

4050

Reps	x	Yds	Exercise	Interval	Rest
1	x	600	swim	600	0
1	x	400	kick	400	0
1	x	400	pull	400	0
1	x	400	im drill	400	0
1	x	825	swim	825	0
1	x	825	choice	825	0
4	x	50	st	200	40
1	x	100	easy	100	0
8	x	25	sprint	200	0
1	x	100	easy	100	0