Elgin Blue Wave Workout

Sunday 3/26/17 **Workout Total 4000**

Reps	x	Yds	Exercise	Interval	Rest
1	x	500	swim	500	0
1	x	200	im streamline kick	200	0
8	x	50	dr/fy/bk,bk/br,br/fr,fr/fy	400	10
8	x	50	im	400	45
8	x	125	50fy/25 each, 25,50	1000	1,45
12	x	25	free	300	25
1	x	600	pull	600	0
8	x	50	choice	400	45
1	x	200	easy	200	0