



Elgin Blue Wave Workout

Wednesday 3/29/17

Workout Total

3600

Reps	x	Yds	Exercise	Interval\Rest
1	x	1650	swim	1650 0
12	x	50	im kick/drill	600 10
3	x	400	im/fr/choice	1200 30
1	x	50	easy	500
4	x	25	start	100 0