



Elgin Blue Wave Workout

Monday 5/1/17

Workout Total

4400

Reps	x	Yds	Exercise	Interval	Rest
1	x	600	swim	600	0
8	x	75	kick -im order	600	20
8	x	75	im drill	600	20
4	x	200	50fr/25kck/25fr, st on75	800	20
1	x	500	pull	500	0
16	x	25	choice	400	30
16	x	50	im drill/st	800	20
1	x	100	swim	100	0